

TAKE THE **OBSTACLE COURSE CHALLENGE!**

IT'S A FUN, NEW WAY TO HELP KIDS AT HOME LEARN ABOUT THE NEEDS OF CHILDREN AROUND THE WORLD.

#1
WARM-UP WALK



#2
BUCKET BRIGADE



#3
ANIMALS APPEAR!



#4
RAINY RUN



#6 “Jambo, habari yako?”
“Hola, cómo estás?”
LANGUAGE LEARNING

#5
FAST FOOD FRENZY



#7
STEPPING STONES



Children around the world face many challenges every day. The **Obstacle Course Challenge** is a great way to help the kids in your community better understand them, with a few (fun) challenges of their own.

Create your own course in your yard, around the block, or at a local park using activities like the ones below.

#1: WARM-UP WALK

Do a 5 minute walk which is about 500 steps. Imagine having to walk 3 hours to school. Ask the children — how many steps do you take to get to the bus? To the car to take you to school?

It takes about 2,000 steps to travel a mile. Children in impoverished countries have to walk many miles back & forth to school every day. They also have chores to complete to help their family. This leaves little time to do their homework.

#2: BUCKET BRIGADE

Fill a bucket with water. Then carry the bucket a short distance — without spilling!

In many countries, there are no water pipes and faucets to bring water to each house. Children help their families fill buckets and other containers from rivers and wells to bring water to their homes for drinking, cooking, and bathing. Just one bucket full of water can be very heavy and may need to be carried a long distance—imagine having to do that several times.

#3: ANIMALS APPEAR!

Color a mask of an animal that a child in an impoverished country could encounter on the way to school. Snakes, wild boars, lions, etc.

Children in developing countries often do not have sidewalks or safe paths for their long trips to school. They sometimes encounter animals like snakes, wild boars or even a lion.

#4: RAINY RUN

Have the children run through a hose or sprinkler to illustrate how many children still have to walk to school regardless of the weather.

Children often have to walk through all kinds of bad weather to get to school — heat waves, heavy rain, even flooding — and often without any protective clothing. There is usually no transportation available to them, and their parents cannot give them rides because most in their villages don't have cars.

#5: FAST FOOD FRENZY

Finding/preparing food: Ask the children to shell 25 peanuts or soybeans or grind a small amount of corn as fast as they can.

In these countries, many people have no electricity or kitchen appliances. Sometimes, families can't afford much food, so they eat only what they can find or grow themselves. Children often have to help with finding or harvesting the food as well as preparing it, which leaves little or no time for school-work or play.

#6: LANGUAGE LEARNING

Learn some everyday words in different languages:

English: 1. Hello, how are you?
2. Where do you live?
3. Goodbye.

Spanish: 1. Hola, cómo estás?
2. Dónde vives?
3. Adiós.

Swahili: 1. Jambo, habari yako?
2. Unaiishi wapi?
3. Kwaheri.

#7: STEPPING STONES

Have the children cross a yard barefooted, only stepping on stones (or pieces of paper) with spaces in between. Ask the children to imagine that the spaces are filled with sharp rocks, broken glass and garbage.

Many children have no shoes and must walk everywhere they go, across dangerous and painful ground. Learn what it feels like to go without shoes as many children around the world have to do.

Use the Obstacle Course to create your own fundraising activity and help children around the world.

Donate online at [ChildFund.org](https://www.childfund.org)

We'd love to hear about your obstacle course, what the kids learned and what extra "challenges" you might have added along the way. So please share your experience with us at volunteers@ChildFund.org.