



# Operation Purple® AT HOME

## ... Activity Four ...

### BACKYARD WARRIORS

**Time: 45 minutes | Participants: 1<sup>st</sup> grade and up**

Enhance your family's decision making and burn off some energy competing for the best time on a homemade obstacle course!

#### FAMILY MISSION VALUES

Communication and Empowerment

#### WHAT YOU'LL NEED

- A green space, like your backyard or a community field with appropriate social distancing
- Everyday household items to create obstacles (ideas: chairs, basketball, soccer ball, orange cones, towels, sponges, broom, empty trash can, pool/beach toys, etc.)
- Stopwatch or phone timer

**SAFETY TIP:** Do not use any items that are pointy, sharp, or hard that could cause injury.

#### BEFORE YOU START

Pick your obstacle field.

As a family, select an area to host your obstacle course. Outside is your best bet, but if it's a rainy day or there isn't much outside space, inside is okay, too! Just be aware of any sharp objects, like furniture, that are out of bounds.

#### INSTRUCTIONS

##### 1. **Collect items from around the house.**

Gather items you can use for your obstacle course. Assign each family member 3-5 items to collect and meet up to go to the designated field together. You can also walk throughout the house as a family and determine what items may be a good fit.

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## 2. Create your obstacle course.

With the items you collected, create an obstacle course. Consider this: How difficult should it be? Will there be any jumping or spinning? What is the direction flow? How long will it take to complete? You may want to draw out the obstacle course on paper first, to visualize the layout.

## 3. Compete!

Once your obstacle course is created, make sure every family member understands the expectations for each station. You may want to do a practice run of the obstacle course.

As a family, you have three tries to complete the obstacle course in the shortest amount of time possible. One person at a time must finish the course completely before the next person begins.

The goal is to cut down your obstacle time each round. When the last family member crosses the finish line, the timer stops. You may want to create some additional “house rules” that meet the needs of your family.

Once you’ve got your best time, try switching up the course or making it more difficult!

Make sure to cheer on your family member each round!

**More fun:** Record family members as they complete the course to share with friends and in our Facebook group.

## **Mission Accomplished!**

## WRAP UP

*Sit down with your family in a circle or at a table and chat about the activity experience using these questions! Take turns reading a question and listen to each person’s response.*

- How can you apply what you learned from this activity in your life, school, home?
- How did you feel during the activity?
- What challenges did you face?
- What did your team have to do or believe to be successful?
- What positives can you take away from the activity?
- What was your plan for the activity? How did you come up with it?