**BELT OF TRUTH OBSTACLE COURSE**

Supplies  
‘tunics’ per child: these should hang down around your kids’ ankles, so choose according to the size of your kids. For small children, you could use a pillowcases and for taller children you could use a sheet or extra material.

Obstacles: These can simply be chairs, boxes, hula hoops, or other furniture that they must climb over, crawl under, run around, etc.

Belts: Real belts or rope. Anything that will effectively tie the kids’ tunic around the waists so they can move freely.

Directions

While wearing their tunics they will race to complete the obstacle course in the fastest time.   
Then, add their ‘belts of truth’ and have them run the obstacle course again.

Discuss

Was it easy or hard to do the obstacle course while wearing your tunic?  
Did the ‘belt of truth’ make it easier to complete the course?  
Do you think you could get a faster time if you did something different?