



PLAY PEN

SPORTS ACADEMY

**PLAY
FROM
HOME**

HOUSEHOLD OBJECTS OF THE WEEK

WEEK I // CUSHIONS & PILLOWS

www.playpensports.com/playfromhome

Other Things You Might Need:

- Puzzle
- Balloon
- Sock Balls
- Beads (or similar objects)
- Ball of Any Size (depending on age)
- Duvet Cover or Sheet
- Bowl or Container
- Pinchers (Tongs, Clothespin, Etc)

Get creative with manipulatives (toys and objects) used within cushion course // relay and hide // seek activities.

- Figurine toys (people and/or animals), cars/vehicles, books, legos, stuffed animals, felt pieces, sock balls, mini erasers, shape sorter, collect things for a picnic and then have a picnic, marble tower pieces, etc.
- For younger ages, you can use a motivating toy at the end of the course. Each time they go through they get to engage with the toy.

GAMES & ACTIVITIES:

Cushion Relay

- Similar to the Cushion Course, set up a group of cushions or pillows to navigate through while introducing some sort of relay race with siblings or time trial for individual kids.
- Encourage kids to come up with different ways to move between them. If this is too hard, encourage them to move in various ways that you can think of ("I wonder if you could _____ over to the other side")
- For encouragement, have a preferred toy on the other side!
- Use things like animal walks, forwards/backwards, hopping, skipping, rolling, hopscotch pattern, etc.
- You can also use pillows to mark starting and stopping spots for a relay race.

Cushion Course

- Create an obstacle course by placing pillows and cushions all around the room. Create different rules and ways to move through the course.
- Jump // Step: FLOOR IS LAVA! Don't touch it!
- Walk, crawl, animal walk, walk backwards, side step over or between for varying challenges

Tippy Pillow

- Don't Drop the Ball // Object
 - Holding onto the pillow with 2 hands, See if the can child move various items from one place to another
- If there are multiple children
 - Can they move as a group, each holding on to a portion of a pillow, to collect ingredients needed to make a recipe. Don't let the ingredients fall! If somebody lets go, wait for them to come back to the group to hold on. A great way to work on keeping bodies in the group.
- For added difficulty you can also have the kiddos move across cushions or pillows just like they did in the Cushion Course or Relay Races.

Pinchin' Pickup

- Find a set of pinchers (clothespin, kitchen tongs, chip clips, etc), bowl or container and any sort of beads or small items. Use the pinchers to grab the beads and deliver them to the collection bowl, while using the cushions as stepping stones to work on balance and make it a bit more fun!
- The smaller the pinchers the harder the challenge!

Wall Ball

- Using the cushion as a balance board, throw any sort of bouncing ball against the wall and try to catch it. Turn it into a game and see how many times you can catch it without dropping it or falling off the cushion.

Keep It Up

- Create a game using the pillow as a tray or "paddle" to try and keep a balloon up in the air as long as possible.
- Try things like keeping it up for an entire a song, keeping it up while counting or signing ABCs
- Older Kids: Repeat back a sequence of numbers // Spelling Words // Answering Questions (For Example - Parent: "1-1-2-3" in rhythmic beat // Child: repeats number sequence while tapping the balloon)

Sock Block

- Using a pillow as a shield and socks as balls, create a game where parents or other kids try to hit each other with sock balls while using the pillows as a shield to block them. MAKE it fun by implementing a points system or limited number of “lives”
- Another fun way to use the pillows as shields is by having a parent throw socks at the kiddos while the kiddos try to hit them into a target on the floor (a bowl, container or homemade target)

Balloon Pass

- Much like keep it up, use balloons to play a tennis style game trying to pass the balloons back and forth without letting it hit the ground.
- Have the kiddos stand on the cushions for added difficulty making rules such as you can't step off the cushion or you must keep one foot on the cushion at all times.

Sandwich Explosion

- Child lays on the floor. Parent or sibling begins stacking pillows on top of the child pretending they are various sandwich ingredients. Once the sandwich is built, countdown to a “sandwich explosion” 3-2-1... child pops out from below the pillows
- **Disclaimer:** Make sure to keep the child safe by not covering their head or face.

Pile For Jumping

- Gather all pillows and couch cushions in the house. This in itself will take time and is a good activity in itself.
 - If you have a duvet cover- stuff all pillows into the duvet cover to make a large crash pillow
 - If not, place all of the pillows into a large pile and you can use a sheet to make one big landing pad.
 - You can make different games out of this such as high jump over barriers such as books or other cushions//pillows
 - Or you could try a game of long jump into the pile to see how far the kiddos can jump.
- **Disclaimer:** This should only be done in the presence of a responsible adult. Please make sure to create a safe environment and never perform any acts that may put anyone at risk of being injured.

Needle in the Haystack

- Either with or without the duvet cover, parent or other sibling “hides” various items into the pillow pile. Take turns finding or see how fast the child can find the objects.
- Child can use a flashlight if they feel nervous about crawling into the duvet “fort”
- **Disclaimer:** Make sure a parent is always present. Keep the child safe by always knowing where the opening or exit is.

Safety Disclaimer: All activities or games should be performed in the presence of a responsible adult while taking proper safety precautions to protect anyone from getting injured. These activities are meant to serve only as ideas for adults to build off of. These games are not meant for all ages. Please use responsible judgment in which games can be played for younger age groups. Playpen Sports Academy is not responsible for any injury, misuse or irresponsible use of household objects. Please make sure to be responsible and keep safety as your number one priority.

STAY TUNED FOR WEEK TWO

**DON'T FORGET TO FOLLOW ALONG ON INSTAGRAM
AND SHARE YOUR VIDEOS OF THESE ACTIVITIES
FOR A CHANCE TO WIN A FREE SEASON
AND OTHER PRIZES!**

**MAKE SURE TO USE THE HASHTAG
#PSAPlayFromHome AND TAG @PlaypenSports
FOR A CHANCE TO WIN**