

Name of activity: Pillow Balance Challenge

Purpose / Keywords: gross motor, motor planning, balance, core strength

Age range: grade 3-5

Materials

- Pillows
- Small household / outdoor items to increase the challenge (cones, tape, stuffed animals, etc) or indoor items (a pair of rolled-up socks)

Instructions

1. Pillow spot touch

- a. Create small x's with tape or place small objects in front and to the sides of the pillow
- b. Have child stand with two feet together on a pillow
- c. Have child bend down to touch X or object on the floor while maintaining balance

2. Pillow toe taps

- a. Have child tap each spot on the floor with one foot
- b. Complete with the opposite foot

3. Item retrieval /transfer

- a. Have child stand on pillow retrieve items on the floor while balance on a pillow
 - i. Can increase the challenging by standing on 1 foot
- b. Have child place object into container or basket
 - i. Increase the challenge by placing basket out of reach

4. Island Hop

- a. Place pillows in front of each other for the child to walk or hop across
 - i. Increase the challenge by having child balance cotton ball on a spoon while transversing pillows
 - ii. Increase the challenge by only providing two pillows and have the child figure out how to get from one side of the room to another.

5. Play catch

- a. Play catch while balancing on the pillow
 - i. Increase the challenge
 - Stand on 1 foot
 - Bounce pass

- Pass the ball at different heights and in different directions
- Have child catch and throw with one hand

Link /resource

- **Pillow spot touch:**<https://www.youtube.com/watch?v=OeaYo7PVLKo>
- **Pillow toe taps:** <https://www.youtube.com/watch?v=Kd1Sm5CEuUU>
- **Island hop :**<https://www.youtube.com/watch?v=oWecAMjUifw>