



Laguna Beach Language & Speech Clinic

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GET THE YA-YAS OUT!

SENSORY ACTIVITIES WITH PILLOWS!

All of these games are super fun ways to build balance, motor control, strength, and proprioception.

Lifting those heavy cushions to arrange them just the right way, jumping from one cushion to another, or balancing on a teetering tower of cushions – all incredible motor skill-building opportunities!

REMEMBER: Before you play....talk about the rules. Make sure kids know when to “stop” or it’s “too much” to prevent injury and time outs!



#1: Follow the Yellow Brick Road – Help your little ones set up the cushions like a road with some twists and turns between two designated points (we used two stools). The kids take turns jumping onto the road to see how quickly they can make it from point A to point B without falling off.



#2: Hot Lava – This is a favorite at my house. Have your kiddos scatter the pillows all around the floor. The ground becomes hot lava and they have to jump from pillow to pillow to stay safe. It's also fun to add the element of a "bad guy" chasing them. Usually it's me playing the part of "The Lava Monster". :)



#3: Wreck it Ralph and Fix-It Felix – My boys can play this game together without my help, a perfect way to keep their attention during that miserable time of day when I'm trying to make dinner with two noisy little guys running around. They decide who's going to be Ralph and who's going to be Felix and then they stack all of the cushions up as high as they can. Ralph takes a running start and knocks the tower over. Felix is in charge of stacking the cushions back up. After a few rounds, they switch roles.



#4: Jumpin' Jack Flash – Here's another one they can do without much help from an adult. Simply lay pillows out on the floor so that a section of the floor is covered completely (make sure the area is

away from furniture or anything else they could jump into). Set up a place for them to jump off of (we use our ottoman), and watch them jump, leap, and tumble onto the cushions!



#5 King Kong – Lots of supervision for this one! Help stack the cushions as high as you want (depending on the skill level and age of your kiddo) and spot your mini-King Kong as they balance on top of the “skyscraper”.



#6 Tunnel Vision – Work with your kids to prop pillows against each other or onto other furniture to create a tunnel or a bridge for your little ones to crawl through.



#7 Sandwich Shop – Ingredients: cushions and kids. Stack up alternating layers of kids and cushions as high as you can go! Throw a mom or dad in for fun!



#8 Whack a Mole – If your kids have been driving you nuts all day, this is the game for you. Take out some frustration by bopping them on the heads as they pop up from behind a bench or couch.



#9 Jailbreak – Gather the kids together and build a fort around them (4 pillows as walls and 1 or 2 on top as a roof). You become the guard and they are the “bad guys” trying to break out of jail. Turn your back for a second (or pretend to fall asleep on the job), and your bad guys will break out of their cell! Chase them, recapture them and repeat! :)



#10 Good Old Fashioned Pillow Fight – You know what to do! Arm yourself with your favorite pillow or couch cushion and go to town!

These and More ideas can be found at theinspiredtreehouse.com