

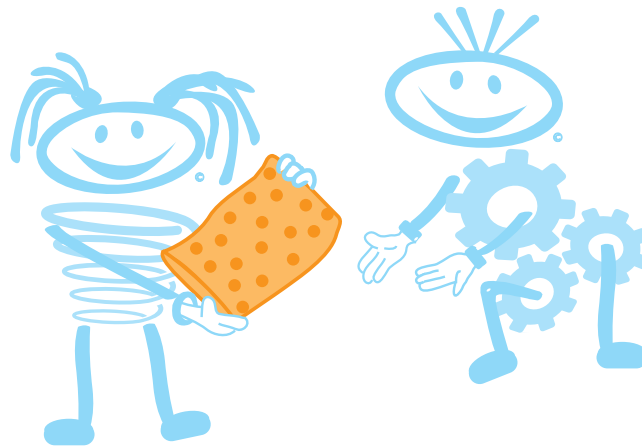
Pass the Pillow

Two or more players. Age range: 4-10

Items needed: pillow

To Play:

1. Stand 5-8 feet apart, space permitting, and jog in place.
2. Using both hands, pass the pillow back and forth for 60 seconds.
3. Count the number of times you can pass the pillow back and forth within the 60 seconds.
4. Subtract 2 catches any time the pillow drops.
5. Try again for another 60 seconds to see if you can beat your score.



Game Variations:

- Back up and stand 8-10 feet apart (if space permits)
- Rather than jogging, try skipping, hopping up and down, trotting, hopping on one foot, etc.
- Rather than a pillow, use a rolled up sock, empty water bottle or cardboard paper towel tube

NOTE: If you live in an apartment and have people living below you, please be courteous to them when playing the game.