

# HOMEMADE EQUIPMENT

Here are a few supplies that can be found around the house, and turned into equipment that can be used for active play.

Sponges: Cut into strips, then gather 10-12 strips, and use zip ties to secure. Use to identify personal space, practice locomotor skills, or use in an obstacle course.

Yarn: Wrap 200 times around a piece of cardboard to make a ball, cut end. Use for games that require light weight balls.

Party Streamers/Ribbons: Secure streamer/ribbon to 12" dowel with staple. Use to dance with music or use outside.

Plastic Gallon Jugs: Cut off bottoms, secure with electrical tape. Play catch with small balls.

Newspaper: Squish into ball shape, secure with tape. Play "clean up" or practice tossing and catching.

Film Spools: Fill with small beans or dried pasta, secure top. Shake like maracas along with music.

Lids/Foamies/Placemats: Use to define personal space or can be used as markers in an obstacle course.

Tongue Depressors: Use to push small objects around.

Sidewalk Chalk: Design shapes, pathways, etc. to have children follow.

Old Paint Brushes: Using old paint brush and some water, paint shapes, pathways, etc to have children practice locomotor skills.