

~AT-HOME PE~

COUCH ISLAND

EQUIPMENT: PILLOWS, TOWELS, STUFFED ANIMALS, STOPWATCH, AND A COUCH.

SET-UP: WITH PARENT'S PERMISSION, CREATE A TRAIL LEADING TO A COUCH IN YOUR HOUSE. PLACE ALL EQUIPMENT ON THE FLOOR. IT CAN BE YOUR CHOICE OF HOW LONG/SHORT IT CAN BE.

ACTIVITY: STUDENTS WILL WORK ON BALANCING AND PATHWAYS IN THIS ACTIVITY. STUDENTS WILL START ON AN OBJECT AND MAKE THEIR WAY ALL THE WAY TO THE COUCH. THE FLOOR IS CONSIDERED WATER, SO THEY MUST NOT FALL OFF. IF A STUDENT FALLS, THEN THEY MUST RESTART THE TRAIL. TIME YOURSELF TO SEE HOW LONG IT TAKES.

ENRICHMENT/MODIFICATION: USE LONGER OR SHORTER TOWELS FOR A TRAIL. STUFFED ANIMALS CAN BE LARGE OR SMALL.

