



Activity	Walking on pillows
Materials	Pillows and an open space
Skills Targeted	Balance and coordination in walking
Instructions:	<ol style="list-style-type: none"> <li>1. Make a path of pillows with your child. Make sure they are in a non-slippery area. (the path can be circular or linear, but you might want to make a goal for a linear path)</li> <li>2. Walk on pillows two feet at a time or one foot for each pillow.</li> </ol>  <p>INDOOR GROSS MOTOR FUN! walking on pillows</p> 
Modifications:	<ol style="list-style-type: none"> <li>1. If your child is not yet walking, they might need a handhold or can crawl through the course.</li> <li>2. If your child is not yet sitting consistently, you can work on sitting on</li> </ol>

	<p>a single pillow that does not bottom out for working on sitting reach with assist.</p> <p>3. For an additional challenge, you can introduce timed routes through the circuit or hopping if your pillow surface is stable.</p>
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