

# Don't Get Caught With The Pillow

Three or more players. Age range: 4-10

**Items needed:** one pillow

## Note:

Exercises could include dancing, jumping jacks, hopping like a frog (or kangaroo), pretending to jump rope, skipping, jogging, trotting, hopping on one foot, or pretending to play hopscotch.

## To Play:

1. Choose one player from the group to be the "Stopper".
2. The rest of the players stand an arms length away from one another, passing a pillow back and forth.
3. The "Stopper" stands with his or her back to the group and can call out "stop" at any time.
4. The player caught with the pillow does an exercise of the "Stopper's" choice, for 30 seconds.
5. The player(s) not caught receive one point each.
6. The player caught with the pillow now becomes the "Stopper" and the other players continue to pass the pillow.
7. The first player to reach 10 points wins the game.



**ACTIVITY  
WORKS**  
Smart Moves.  
Super Fun.

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