

Couch Ball

Activity: Pull the cushions off of your couch and get the pillows off of your bed. You will use them as your goal line for couch ball. Make sure you have plenty of room and remember to remove objects that are dangerous or fragile from your playing field. Find a small football, stuffed animal, sock, or a soft item that they can easily carry.

Start the activity by giving your son or daughter the “football”. He or she will start on offense and you will start on defense.

With your cushions and pillows representing your goal line, encourage your child to try and cross the goal line. Be sure you allow them to juke past you or run you over to cross the goal line.

As they run, juke, dive, or plow over the goal line, gently tackle them onto the couch cushions and pillows.

Bring some extra excitement to couch ball, and yell “Touchdown!”, really loud every time they score and raise your arms to signal the touchdown.

After your child has run up the score on your shaky defense, take the ball and from your knees crawl towards the goal line and try to get past your child. Make sure they tackle you almost every time.

What your child is doing: Imagination play is a way for children to understand their world. A great deal of representational play is being displayed in this activity. Couch ball shows more abstract thinking in children. This is a progression of brain development, and encourages learning cooperative play and the basic rules of games.

IN-KIND: In-Kind donations are services and/or contributions to be used for non-federal match for Head Start and Early Head Start programs. The services and/or contributions are not to be used by any other federal program.

Date	Description of Activity	Amount of Time	Value or per Hour Rate	Your Relationship to Child

Participants Name (Please Print) Signature Date

Staff Name (Please Print) Signature Date