



## Glide's Guide on being active!

# Pillow Party



**Materials:** 10 index cards, 10 pillows

**Age(s):** Preschoolers, Pre-K

**Directions:** On the index cards write the numbers 10-100 counting by 10's. Then tape one index card to each pillow. Place the pillows in random order, then have the children jump from pillow to pillow, in order counting by 10's.

**Modification:** With larger groups use marked areas instead of pillows. Vary the movement from pillow to pillow/area to area. Change numbers to counting by 2's or 5's. Use letters instead of numbers.

**FAMILY ENGAGEMENT**

*Adapted from [momto2poshdivas.com](http://momto2poshdivas.com)*