

Homemade Equipment and Workouts Using Items in Your House

If you don't have equipment like a ball, hoop, racket, etc. it's not a problem! You can still participate in physical activities at home! Please make sure you are asking for permission and/or help when making some of this equipment or before using items from your house. You can watch the videos to see how to use or make some of the equipment. Remember, the activities provided are for all ability levels. Please make sure you are choosing activities that are challenging and fun, yet safe for you to do. Also, make sure you have enough space to exercise and play so that you are safe and don't break anything. Please feel free to contact me if you have any questions about how to modify or adapt games while you are at home. If you come up with your own games or equipment please let me know! I want to hear about it and add it to the list!









BALL/PUCK/THROWING:

Sock Ball 	Paper & Tape Ball 	Cotton Ball & Tape Ball 
Pillow Case Ball 	Grocery Bag Ball 	Rubber Band Ball 
Balloon 	Stuffed Animal 	Roll of Toilet Paper 
Aluminum Foil Ball 	Container/Jar Lid 	Paper Airplane 
Bucket Lid as Frisbee 		






BOWLING PINS (Use one of the above options as a bowling ball):

Plastic Water/Sports Drink Bottles 	Paper towels/empty paper towel rolls 	Milk/Drink Jugs 
Soda Cans 	Shampoo/Soap Bottles 	

CATCHING:

“Velcro” Tape Catchers 	Upside Down Baseball Hat 	Small Basket/Trash Can 
Grocery Bag with Paper Plate Rim  	Trash Bag 	Gift Bag/Paper Bag 
Plastic Milk/Drink Jug 		

DICE/SPINNER/DECISION MAKER:

<p>Water Bottle & Paper Numbers Spinner</p> 	<p>Paper Plate Spinner</p> 	<p>Coin for Heads/Tails</p> 
<p>Dice</p> 	<p>Playing Cards</p> 	

FINE MOTOR:

<p>Cup Stacking</p> 	<p>Put On/Take Off Rubber Bands on TP Roll/Can/Cup</p> 	<p>Use Tweezers/Spatula to Place Items in Egg Carton/Muffin Tin/Container</p> 
<p>Pick Up Item & Drop Down Paper Towel/TP Roll into Cup Taped on Wall</p> 	<p>Thread Items (Cereal, Pasta, Beads, etc.) on Spaghetti Noodle or String/Pipe Cleaner</p> 	<p>Sort Items (Cereal, Candy, Coins, Beads, etc.) into Muffin Tin or Egg Carton</p> 
<p>Pull Out Pom Poms/Cotton Balls from Whisk</p> 	<p>Thread String on Tissue Box/Piece of Cardboard and Practice Tying</p> 	<p>Weave String/Pipe Cleaners Through Cooling Rack or Piece of Cardboard</p> 
<p>Use Clothespin to Pick Up Items and Move to Container</p> 	<p>Poke Spaghetti, Straws, Q Tips, Pipe Cleaners, Etc. Through Strainer Holes</p> 	<p>Cut Hole in Plastic Container Lid and Put In Items (Cereal, Candy, Coins, Beads, etc.)</p> 

FITNESS EQUIPMENT (Weights):

Soup Cans 	Plastic Water/Sports Drink Bottles 	Laundry Detergent 
Milk/Soda/Drink Jugs 	Pillow 	Duffel Bag 
Book Bag 	Shampoo/Soap Bottles 	Heavy Book 


FITNESS EQUIPMENT (Resistance/Agility/Balance):

Paper Plates (hard floor surface) 	Socks (hard floor surface) 	Wash Cloth/Dish Towel (hard floor surface) 
Elastic Waistband (preferably use a pair that isn't your favorite!) 	Pillow/Couch Cushion for Balancing Exercises 	Use Tape or Chalk to Draw Agility Ladder/Movement Path on Ground 

GOAL/TARGET:

Under a Chair 	Between Two Items (water bottles, shoes, toys, etc.) 	Under a Table 
Between Someone's Legs 	Between Someone's Arms 	Paper Arches Taped to Floor 
Tape on Hard Floor Surface 	Pool Noodle Arch in Grass 	Tape a Paper Target to a Safe Wall 
Hang a Paper Target with Holes (use lightweight ball) 	Empty Can/Container/Cup Taped Sideways to Floor 	Paper Plates 

HOCKEY/GOLF:

Broom 	Pool Noodle 	Wrapping Paper 
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HOOP:

Hula Hoop (hang it from something or sit it between two chair seats) 	Empty Trash Can 	Laundry Basket 
Cooking Pot 	Upside Down Baseball Hat 	Bucket 
Paper Plate Ring Taped to Chair Seat/Back 	Basket 	Storage Tote 
Pool Noodle Taped to Wall 	Cut Off Bottom of Paper Bag and Tape Bag to Wall 	

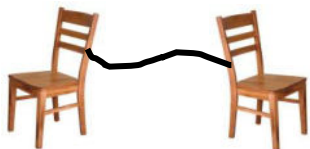



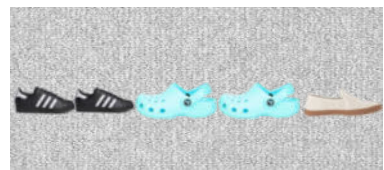
JUGGLING SCARVES:

Tissues 	Grocery Bags 	Napkins/Paper Towels 
Dish Towels/Wash Cloths 	Dryer Sheet 	




JUMP ROPE:

Dog Leash (make sure it's long enough for you to safely use!) 	Rope 	Extension Cord (ask for permission or help!) 
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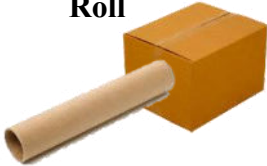

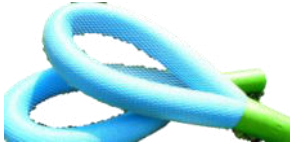

NET:

String Attached to 2 Chairs 	Bed Sheet (fitted sheet works best) Across Backs of 2 Chairs 	Tape a Towel Between 2 Chairs 
Use Tape/Rope Across the Floor 	Line Up Shoes/Items Across the Floor 	




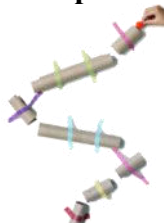

PARACHUTE:

Blanket 	Bed Sheet 	Pillow Case 
Towel 		


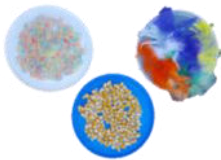



RACKET/BAT:

Paper Plate & Ruler (or other handle) 	Pantyhose & Wire Hanger 	Cookie Sheet 
Piece of Cardboard 	Book 	Fly Swatter 
Small Box & Paper Towel Roll 	Small Frying Pan 	Pool Noodle & Plastic Fruit/Veggie Bag Netting 
Pool Noodle 		

RAMP:

Piece of Cardboard 	Blanket/Sheet/Towel on Lap 	Cut a Cardboard Box 
Paper Towel/TP Roll/Cup Ramp on Wall 	Piece of Cardboard with Cut TP/Paper Towel Rolls Attached 	

SENSORY

Food Coloring Pasta 	Glue Textured Items (Beans, Buttons, Fabrics, etc.) onto Plastic Lids/Paper Plates 	Fill Ziploc Bags With Various Items (Colored Water/Oil, Shaving Cream, Dry Pasta, Leaves, Etc.) 
Fill Plastic Bottles With Various Items (Colored Water/Oil, Dry Pasta, Rice, Glitter, etc.) 	Glue Various Items to Cardboard for a Texture Board 	

TOSSING:

<p>Paper Plate Ring Toss</p>  A green pencil is balanced vertically on a stack of three colorful paper plates (blue, green, and red). Three more paper plates (yellow, red, and green) are lying flat on the surface next to the stack.	<p>Sock/Tape Bean Bags</p>  A single, rectangular, blue fabric bean bag.	<p>Sponge (making it damp will add weight)</p>  A stack of four rectangular sponges in orange, green, pink, and blue colors.
<p>Cardboard Box Corn hole</p>  A purple and blue cardboard box with a circular hole cut out of its top surface. A small yellow object is placed on the box near the hole.	<p>Ziploc Baggie with Rice/Beans Bean Bag</p>  Four Ziploc bags in orange, yellow, blue, and red colors, each filled with a different colored material (rice or beans) and tied shut.	<p>Pool Inflatable Tube</p>  A stack of four inflatable rings in yellow, orange, and pink colors.

Homemade Equipment Video Instructions

Bottle Bowling

Materials:

- 10 plastic bottles (they don't have to be the same type of bottle)
- A "ball" to roll

Instructions:

1. Set up your 10 plastic bottles in your triangle shape, starting with 1 pin in the front.
2. Make a "ball" to roll.
3. You can play with your partner or by yourself. See if you can keep score and add up the total number of bottles you knock down.

Cotton Ball Ball

Materials:

- Masking or duct tape
- Cotton balls (the more cotton balls you use, the larger your ball will be!)

Instructions:

1. Rip off several long strands of tape (at least 3) and set them aside.
2. Take a handful of cotton balls and make them into a ball in your hand.
3. Take a strand of tape and place it around the cotton balls.
4. Take another strand of tape and place it around the cotton balls in a new direction.
5. Repeat taping the cotton balls until you feel it is secure.
6. You can use this ball for a variety of throwing/tossing games.

Fine Motor Cotton Ball Pull

Materials:

- Cooking whisk
- Cotton balls

Instructions:

1. Stuff cotton balls into whisk.
2. Use fingers to pull out cotton balls.
3. Repeat!

Fine Motor String Pull

Materials:

- Plastic/Paper Cup
- String
- Scissors

Instructions:

1. With help, use scissors to poke holes in the bottom of your cup. You can poke as many holes as you would like. I did three. The more holes, the more strings you will use.
2. Next, cut the same number of strings as the number of holes you poked in your cup. (For example, if you poked 3 holes you will need 3 cut pieces of string.) The strings can be various colors, textures, and lengths if you would like!
3. Push one string through each hole. I bent my string in half to help push it through since the ends were frayed. Continue until each hole has a string through it.
4. Tie a knot at both ends of each string.
5. Try to use both hands to pinch and pull the strings back and forth!

Grocery Bag Ball

Materials:

- Grocery bags (the more grocery bags you use, the larger and sturdier your ball will be!)

Instructions:

1. Take one grocery bag and roll it into a ball.
2. Take another grocery bag and stuff your rolled grocery bag into this bag.
3. Roll the grocery bags into a ball.
4. Take another grocery bag and stuff your rolled grocery bags into this bag.
5. Continue this process for as many grocery bags as you'd like to use.
6. Take the handle ends of the grocery bag and tie a knot where the "ball" starts.
7. You can either keep the handles attached and use them for catching and tossing, or take scissors and cut them off at the top of the knot.
8. You can use this ball for a variety of throwing/tossing games and it is sturdy enough to use for gentle kicking games.

Milk Jug Catchers

Materials:

- Plastic milk/drink jug
- Scissors
- Marker (optional)

Instructions:

1. Rinse and clean out an empty plastic milk/drink jug.
2. If it makes it easier, use a marker to draw a line around the bottom of the jug where you're going to cut. You can draw your line wherever you want; where you draw it will determine how tall or short your catcher will be.
3. Carefully poke your scissors through the plastic and begin cutting off the bottom of your jug.
4. Once the bottom is off, trim your edges to make them smooth and even.
5. You can make two and have a catch with a partner or do self-tossing challenges with yourself!

Pantyhose & Wire Hanger Racket

Materials:

- Wire hanger
- Pantyhose (please ask before taking them!)

Instructions:

1. Bend the hook of your wire hanger in towards itself so that it won't poke you.
2. Hole your wire hanger at the hook (top) and flat part (bottom) .
3. Pull the top and bottom in opposite directions that your hanger becomes more like a skinny oval.
4. Take the pantyhose and bunch up one of the legs.
5. Place the hanger into the bunched up leg and begin pulling the pantyhose down and around the hanger.
6. Continue to pull the pantyhose down and around so that it is even and the extra pantyhose material is at the bottom where your hanger's hook is.
7. Once all your extra material is at the end, begin pulling on the hanger to shape it into a racket.
8. When you are happy with the shape, take the excess pantyhose and wrap it around the hook of your wire hanger. This will serve as the grip for your handle and protect your hand from the sharp point of the hook.
9. You can play a game like badminton with a partner or challenge yourself with some racket tricks!

Paper Plate Racket & Tape Ball

Materials:

- Sturdy paper plate (or a piece of cardboard)
- Masking/duct tape
- Ruler (or a cooking spatula, stick, paper towel roll, etc.)

Instructions:

1. Rip off three medium length strands of tape and set them aside.
2. Turn your paper plate over so that the back side is facing up.
3. Place your ruler (or other object for the handle) in the middle of the plate, giving yourself enough of a handle to hold.
4. Place the three pieces of tape across your handle to secure it to the plate.
5. For the tape ball, roll up a piece of paper. If you want a larger ball, add another piece of paper to the outside of the ball and roll it up. Continue adding paper until you have the size you want.
6. Wrap strands of tape around the paper ball until it is secure and round.
7. You can use this racket to play volleying games like badminton or challenge yourself and see how many times you can hit the tape ball before it hits the ground!

Pillow Case Ball

Materials:

- Pillow case
- Sock balls (or other clothing like t-shirts to ball up and put in. Just remember you'll need to put your clothing away once you're done!)

Instructions:

1. Take your pillow out of the pillow case.
2. If your socks aren't already made into sock balls, make your sock balls.
3. Fill your pillow case with the sock balls.
4. Push all of the sock balls into a bottom corner and round out the pillow case.
5. Take the end of the pillow case and make a knot where the "ball" starts.
6. Fluff and round out your ball.
7. You can use this ball for a variety of throwing games and it is sturdy enough to use for gentle kicking games. Be careful not to trip on the pillow case tail.

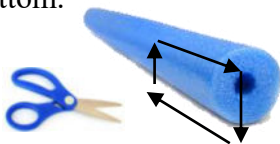
Pool Noodle & Plastic Fruit/Veggie Bag Netting (adult help required)

Materials:

- Pool noodle
- Duct tape
- Large Plastic Netting from Fruit/Veggie Bag
- Scissors

Instructions:

1. With help from an adult, cut off a 6 inch half from each end of the pool noodle. Only cut half of the pool noodle, not the whole bottom.



2. Bend the pool noodle in half and touch the two ends of the noodle together. The two ends you cut should make a thinner handle.
3. Tape the handle ends together.
4. Slip the plastic netting over the looped part of the pool noodle.
5. Secure the plastic netting with tape as needed.

Rice/Bean Ziploc “Bean Bags”

Materials:

- Ziploc baggie
- Rice/dried beans
- Duct tape

Instructions:

1. Fill your Ziploc baggie about $\frac{3}{4}$ of the way full with rice/beans.
2. Fasten the Ziploc baggie.
3. Rip off at least 6 pieces of duct tape about 6 inches long.
4. Cover the baggie lengthwise with strips of duct tape so that the tape slightly wraps around each end of the baggie.
5. Flip over your baggie.
6. Next, cover the baggie with duct tape in the opposite direction of what you did in step 5 (tape should be across the width now). The tape should slightly wrap around the sides of the baggie.
7. Make as many “bean bags” as you will need.
8. You can play tossing games with these “bean bags” or use them for catching.

Sock Ball

Materials:

- Long or short pair of socks (if you want multiple sock balls or to make one larger sock ball you will need more pairs of socks)

Instructions:

1. Hold your socks so that they are apart and the top ends are touching.
2. Open up the top of one of the socks.
3. Fold over the end of the sock you have opened so that it goes down and around both socks towards the toes of both socks.
4. Stuff the toes of the socks up inside.
5. Mold your socks into a ball.
6. If you want a larger sock ball, make another one and stuff it inside the first one you made.
7. You can use this ball for a variety of throwing/tossing/rolling games and it is sturdy enough to use for gentle kicking games.

Sock & Duct Tape Bean Bag

Materials:

- Long pair of socks (if you want multiple bean bags you will need more pairs of socks)
- Duct tape is preferred (masking tape would still work)

Instructions:

1. Lay your socks equally on top of each other.
2. Keeping the socks together, fold the toes of the socks up into the middle.
3. Starting at the bottom, fold them over again so that your socks look like a rectangle/square.
4. Rip off at least 6 pieces of duct tape about 6 inches long.
5. Cover the socks lengthwise with strips of duct tape so that the tape slightly wraps around each end of the socks.
6. Flip over your socks.
7. Next, cover the socks with duct tape in the opposite direction of what you did in step 5 (tape should be across the width now). The tape should slightly wrap around the sides of the socks.
8. You can play tossing games with these “bean bags” or use them for catching.

Spatula Launcher

Materials:

- Cooking spatula and cooking spoon
- Masking/duct tape
- Paper tape ball

Instructions:


1. Rip off two strands of tape and set them aside.
2. Lay your spatula down first.
3. Place the spoon on top with the spoon head facing the opposite direction of the spatula head. Make sure the spoon head is right at the end of the spatula handle.
4. Wrap a strand of tape around the spot where the spatula end and handle where the spoon head is are touching.
5. Wrap your second piece of tape at the opposite end.
6. Use extra tape and reinforce as needed.
7. Launch an item! You can launch using your foot or hand. Launch an item to a partner or at a target. For a challenge, you can try to launch and catch it yourself!

Spin the Die

Materials:

- 6 pieces of paper
- A marker/writing utensil
- Plastic bottle (I kept mine about halfway full of water)

Instructions:

1. Write a number (1 through 6) on each individual sheet of paper (ex. one sheet has #1, another sheet has #2, etc.)
2. Lay out your numbered papers in a circle with the bottom corners of the papers touching (the center of your papers will make a hexagon shape. 
3. Take your plastic bottle and draw an arrow with the arrowhead pointing towards the bottle cap.
4. Place the bottle in the space in the middle of the papers.
5. Spin away! This will allow you to play games that require dice even if you don't have one.

“Velcro” Tape Catchers

Materials:

- Sturdy paper plate (or a piece of cardboard)
- Stapler (or tape would still work)
- Masking/duct tape
- Scissors
- Piece of paper

Instructions:

1. Cut about a 3 inch strip of paper off the bottom of your piece of paper.
2. Turn your paper plate over so that the back side is facing up.
3. Place your strip of paper on the back of your paper plate in the middle.
4. Staple the each end of the paper onto the plate. You should now have a handle to slip your hand under.
5. Turn your paper plate over so that the front is face up.
6. Rip off at least 3 long strands of tape and make them into tape donuts (sticky part on the outside).
7. Stick these tape donuts onto the center of your plate in a row.
8. Take two pieces of tape and tape down the edges of your tape donuts on each side.
9. Make a tape ball by taking a few strands of tape and rolling them up. You want to keep some of the sticky part of the tape out so that it will stick to your paddle.
10. Make a second one and have a catch with a partner!

