















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:

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 		




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 		







CATCHING:

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





DICE/SPINNER/DECISION MAKER:

Water Bottle & Paper Numbers Spinner 	Paper Plate Spinner 	Coin for Heads/Tails 
--	---	--







FITNESS EQUIPMENT (Weights):

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


FITNESS EQUIPMENT (Resistance):

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!) 		

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 





HOCKEY/GOLF:

Broom 		
---	--	--



HOOP:

Hula Hoop (hand 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 

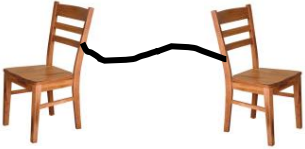



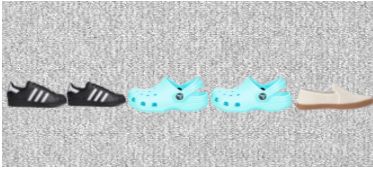
JUGGLING SCARVES:

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

JUMP ROPE:

Dog Leash (make sure it's long enough for you to safely use!) 	Rope 	
---	--	--



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 	

RAMP:

Piece of Cardboard 	Blanket/Sheet/Towel on Lap 	
--	--	--

TOSSING:

Paper Plate Ring Toss 	Sock/Tape Bean Bags 	
---	---	--

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!

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

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

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

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!

