

Homemade Equipment

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Item	New Equipment	Comments
Sponges Homebases	Puffballs	Cut into strips, gather 10-12 strips, use zip ties to secure... or leave sponge whole, use to identify personal space, practice locomotor skills or use in obstacle course.
Yarn	Yarn balls	Wrap 200 times around a cd cover, remove, secure w/zip tie and cut ends. Use for game that require lightweight balls.
Party Streamers/Ribbons	Wands	Secure streamer paper to 12" dowel w/ staple. Make one for each hand if possible. Develops laterality, explore, experiment and dance to music
Gallon jugs (plastic)	Scoops	Cut off bottoms, secure w/secure tape. Play with tennis balls/koosh balls/small balls
Newspaper	Ball play	Squish into a ball shape, secure w/tape. Play games like "clean your room" if desired. Practice tossing and catching or throwing over something
Film containers	Shakers	Fill w/small beans or dried pasta, secure top if needed. Shake like maracas, play with music
Large tumblers	Scoops	Play with tennis balls/ping pong balls, koosh balls/yarn balls, etc.
Lids or foamies or placemats	Polyspots or homebases	To define personal space for children. Increase safety awareness, practice locomotor skills
Tongue depressors	Manipulative	Used to push different objects around: balloons, balls (yarn, sponge, fluff, etc)
Balloons	Balloons	7" or larger, inflate one per child + extras. Latex warning! Pick up popped pieces, choking hazard!
Sidewalk chalk	Locomotor review	Design shapes/pathways, etc. to practice locomotor skills
Beach balls	Ball play	Inflate balls for tossing, throwing, catching, kicking and striking play
Stuffed animals or beany babies	Ball play	Use for practice of hand-eye coordination: tossing, throwing and catching
Old Paint Brushes	Design maker	Using old paintbrushes and some water, create shapes/pathways, etc. On sidewalks or driveways to jump over/in/go around, etc.
Other items; crayons, cottonballs, stuffed animals	Relay races or obstacle course	Utilizing objects generally found around the home, play relays or different types (use siblings for more fun!) or create an obstacle course from any of the above items or use household items (i.e. chairs to climb to jump over, boxes to crawl into/out of, etc.) under/over/between tables to go under, pillows to jump over, etc.