



Pillow High Jump Twitter Challenge

(This game is best for second grade and up, but it can be modified for younger students)

For this activity you will need pillows, and an area of floor space that is clear. (Depending on how hard your floors are, you might want to have something to use as padding as well, like a blanket, couch cushion or an extra pillow.)

This is a game that will test how high you can jump using pillows, and or couch cushions. Find an area of floor space that is clear of any objects that you could fall on or bump into.

Start by placing one pillow in the middle of the floor space. Attempt to jump over the pillow.

If you succeeded, go get another pillow or cushion and add it to your stack. Keep adding pillows until you jump, and crash into your pillow tower, knocking it over instead of successfully clearing it.

(Parents and guardians, if you are playing this game with a student who is in first grade or below, I would recommend limiting the number of pillows that can be placed in the stack to prevent injury)

Bonus activity; Once you have gotten your stack as high as you can, take a picture of yourself with it. You can be standing next to it or jumping.

Have a family member email it to me at maya.gorum@aps.com with the subject "pillow high jump" followed by your full name. I will add it to the Mary Ann Binford twitter page.

(Make sure you have permission from a parent or guardian before sending a picture)