

Pillow Jump



- Build a tower of pillows or cushions.
- Help me balance on the tower by holding me round the waist.
- When you are ready to catch me say “Go” or give me another signal, e.g. touching your nose.
- Make sure I’ve made eye contact with you before I jump.
- Welcome me with a hug.

Playing this game helps me learn that some games have rules that we need to stick to stay safe. It helps me experience being apart and together in a playful way. It helps me feel successful, competent and safe