



Pillowcase Island

Materials for this activity

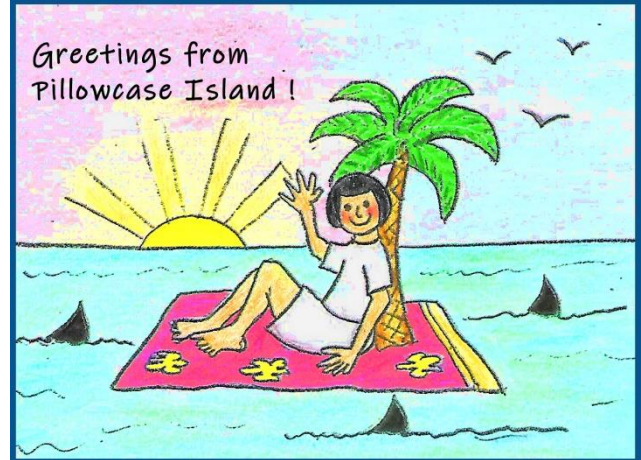
- A pillowcase or a towel for each player to stand on
- Slips of paper marked 0, 1, 2, and 3
- A bag to put the slips of paper into

Important: So that you won't slip, this activity needs to be done on a carpet or large rug.

Directions

Getting ready to play

1. Everyone pulls a slip of paper out of the bag and reads the number. Don't tell what the number is. Put the paper in a pocket or other place out of the way.
2. Spread out your pillowcase and stand on it.
3. Pretend that the pillowcase is *Pillowcase Island*. Pillowcase Island is in the ocean and there are sharks swimming in the water all around it!



Round One

Everyone does these three things while trying *not to touch the floor*. Remember, the floor is the ocean, and it is not safe! Do not let a shark nibble your toes!

- 3 jumping jacks
- Sit all the way down and stand up again
- Walk three times around the edge of the pillowcase

Round Two

If there is a 1, 2, or 3 on your paper, fold the pillowcase in half.

Everyone repeats the 3 activities.

Round Three

If there is a 2 or 3 on your paper, fold again. Everyone repeats the activities.

Round Four

If there is a 3 on your paper, fold again. Everyone repeats the activities.

Discuss after playing

- How did it feel when your space got very tiny?
- Did you wish you had more space?
- In real life, have you ever not had enough space (been squished)?
- What is a fair way to share space?
- When is it nicer to have a small space?