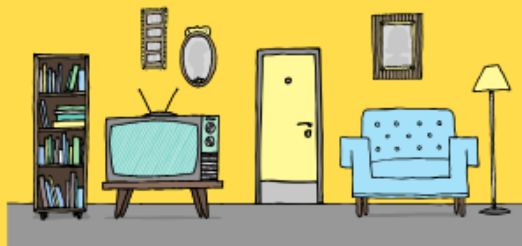


# Couch-Courses



For our toddlers and younger children who need vestibular and proprioceptive input through their day to support regulation, couches and pillows can be used to make a variety of great climbing experiences. These ideas can be replicated with removable couch cushions, pillows, and/or blankets. Add in games such as scavenger hunts, hide and seek, or red light-green light. The possibilities are endless... take a look around your space and give it a try. Stay safe and have fun!



## Slides & Ramps

Placing a cushion against the base of the couch at an angle makes a great slide. Put rolled up blankets or pillows under to reinforce the ramps. Children can crawl up, down, and slide on their bellies or bottoms.

## Tunnels

Couch cushions, pillows, and blankets can be draped on the couch to create a tunnel. You can play with the length and shape for your child to explore. If your child likes increased deep pressure, you can push into the couch cushions to add resistance as they crawl through.



## Stairs

Build up your cushions to build a staircase. Your child can explore going up and down in different ways such as walking, marching, crawling, bear walking, or bottom bumping. Climb up and down the stairs, wheelbarrow walk, or create a "jump and crash."

## Jump & Crash

When a big crash is what your child needs, use your cushions, pillows, and blankets to make a landing pad. After their jump, challenge them to get back up crawling or climbing over the crash pad. How many different jumps can they do?



## Additional Ideas:

