



Fun Homemade Equipment Suggestions

Make sure all homemade equipment is safe (e.g. free of sharp edges).

Create an environment where participants are actively involved in making equipment for activities.

- Creating homemade activity equipment could be a weekly or monthly youth activity.
- After children participate in an activity from Great Games, direct them to create a new piece of equipment that could be incorporated into the game they just played.
- Demonstrate how to make activity equipment. Encourage youth to do this at home.
- In small groups, encourage children to create their own activity and the equipment for it.
- Provide supplies (paint, markers, ribbons) for people to decorate homemade equipment
- Create fun names for homemade equipment.
- Offer bonus points, extra credit, and other rewards for making homemade equipment.

Homemade Equipment

Balls

Balloons: Pour $\frac{1}{2}$ cup of rice, sand, or popcorn kernels into an empty 2-liter soda bottle. Stretch balloon opening over soda bottle. Turn soda bottle so rice fills balloon. Tie the opening of balloon.

Beach balls: Varying sizes.

Colored masking tape: Crunch into balls.

Fabric scrap balls: Lie 1" by 6" fabric strips on a pile. Tightly tie one fabric strip around the center. For larger balls, cut fabric strips longer and wider. For thicker balls, use more fabric strips.

Old socks or nylon hose: Tie them in a knot or fill with paper, dried beans, a small balloon, or a tennis ball.

Plastic grocery bags: Fill large bags with smaller ones and tie or tape to close.



Soft balls: Crumpled paper wrapped with colored masking tape, rubber bands, or yarn. Soft stress-relief objects that many businesses give away as promotional items.

Tennis balls: Request used tennis balls from tennis clubs; poke holes in tennis balls to make them less bouncy.

Very large ball: Fill a pillow case or large mesh sack with balloons, beach balls, or crumpled paper.

Yarn balls: Wrap a square of cardboard with yarn multiple times.

Bases

Carpet square samples.

Bat

Insert a golf tube into a 3 liter soda bottle and use as a whiffle bat with a whiffle ball. Secure with heavy duty tape.

Batons (For track and field relay races)

PVC pipe, lummi sticks, dowels old broom handles, rolled-up magazines secured with tape or rubber bands.

Bean Bags

Fill ziplock bags with dried beans, rice, sand, or popcorn kernels. Double the bags to prevent breakage. Use fabric scraps from upholstery shop to cut and sew or glue (heavy duty) bean bags.

Boundary, Goal or Station Markers

Youths' backpacks or jackets: Usually lying on the edge of the playing area anyway.

Coffee cans, plastic soda bottles or milk cartons: Fill with sand or stones and paint bright colors.

Traffic cones: Purchase at a discount from local traffic department.

Colorful carpet square samples: Receive at a discount or free at most places that sell carpet. Use in place of polyspots.

Jump ropes: Line markers.



Small sticks, boards or scrap wood: Obtain from construction sites, lumberyards or hardware stores. Paint bright colors.

Dance Equipment

Tinikling Bands: Elastic from fabric store, connect rubber bands (office supply store), or shock cord (hardware store).

Dance ribbons: Buy from fabric store on clearance. Save ribbons you receive on gifts.

Dance wands, rhythm sticks or lummi sticks: Dowels, old broom, PVC pipe or mop handle cut to size and painted bright colors. Newspaper rolled tightly and secured with tape.

Rhythm wands: Tie ribbon to recycled six pack soda rings (cut rings into thirds first).

Maracas: Fill 35mm film containers with popcorn kernels or rice.

Exercise Equipment

Bicycle inner tubes or large rubber bands: Use for strength exercises, stretches and resistance exercises. Rubber bands can be purchased at office supply stores. Bicycle shops may donate old inner tubes.

Carpet square samples: Exercise mats.

Plastic containers with handles or old sport bottles: Fill with sand to use as weights.

Flags

Sheets, towels, or fabric cut in strips 2" wide and 16" long.

Hockey Puck

Jar lids, gallon container lids, tennis balls.

Hoops/Rings

Bicycle inner tubes and tires: Paint bright colors.

Plastic irrigation hose or other hose material: Insert a 2 inch dowell to secure ends together and wrap with heavy-duty tape.

Thick rope: Connected by heavy-duty tape.



Juggling Scarves

Used fabric softener sheets.

Jump Ropes

Heavy cord or rope: Purchase from hardware store. Cheaper if you buy rope in bulk. Cut appropriate lengths and finish ends with knots by dipping in colored melted wax, or wrapping with colored heavy-duty tape to prevent unraveling (and organize by color and length). Be aware to make ropes for individual and group jumping.

Music

Encourage youth to bring music to share. Remind them it must be appropriate.

Paddles

Clothes Hanger: Form the triangular part of a hanger into a circle or oval. Pull a nylon stocking over the circle. Fold the hook of the hanger into a handle and wrap with the remainder of the stocking and colored or electrical tape. Hit balloons, sponge/foam balls, paper balls or badminton birdies.

Old ping pong paddles: For hitting balloons or small sponge balls.

Parachute

Old (clean) bed sheets. Sew two or more together and decorate.

Pinnies

T-shirts/tank tops: Obtained from thrift store in shades of one color for each team or group.

Flags: From flag football.

Colored masking tape: Place a piece of tape across back and front of shirt.

Colored fabric: Create armbands by tying scraps of fabric on youths' arms.

Colored elastic hair ties/bands: Use as arm bands.



Scoops

One gallon plastic bottle with a handle: Bleach bottle or water bottle. Cut away half of the jug below the handle, including the entire bottom of the jug. Use to scoop up a ball.

- Using a 2 liter plastic soda bottle, cut off the bottom. Hold the neck of bottle and use as a scoop with tennis balls.
- Tie a tennis ball to a string with the string attached to the neck of the bottle. Try to catch the ball.

Skating

Carpet square samples: With non-stick backing.

Shoe boxes: On smooth floor.

Volleyball or Tennis Net

String or yarn: Tie between two stationary objects with yarn/string tied every foot dangling down. Stationary object could be gallon milk jugs filled with sand and dowel inserted through top of jug.

Colorful masking tape: On floor to mark net.