



PILLOW FIGHT

ROUGH AND TUMBLE PLAY

INTRODUCTION

You can't beat an old classic, and what is more traditional than a good old pillow fight. And the more people the better

WHAT WE NEED

- At least one pillow or cushion for each person involved
- A clear area to play in.

WHAT TO DO

You can have a standard pillow fight, with a free for all and everyone fighting everyone. Or you can have two people sitting on seats and they try to knock each other off.

Just remember to look after each other and consider the different ages involved.

