



# Bean Bag Activities

Check out the following ways to play & learn with a bean bag!



Play bean bag "Simon Says"

Balance the bean bag on a body part.

Throw and catch the bean bag



Toss the bean bag in the air and clap before catching it.

Try to slide the bean bag across the floor into a box or marked area

Sight word bean bag toss (Write short sight words that your child can recognize on post it notes, place them on the floor, then call out a sight word and have the child throw the bean bag onto the word).



Use tape to create shapes, letters, or numbers on the floor. Invite your little one to try to throw the bean bag onto a certain shape, letter, or number.



Place an open umbrella in the centre of the room with the handle in the air. Invite your child to use it as a target practice.

Set out a bucket/basket and try to toss the bean bag inside.



Place the bean bag between your knees and hop/waddle to a certain spot to drop it in a bucket.



## Make your Own!

Cut material or a sock to the size you would like your bean bag. Place two of the same size pieces of materials together. Then sew all but one of the sides completely closed. Fill the bag with beans and then sew up the final side.

