



Moving with Bean Bags

- **Number toss.** Gather 5 pieces of paper and 15 bean bags. Label the pieces of paper 1-5. Place them in ascending or descending order 5-10 feet away from the children. Then, when ready, have children throw the bean bags to the plate labeled with the number you call. For example, if you said number 1, they should all throw the bean bag towards paper #1. This activity is great for reinforcing basic arithmetic learned in the classroom. For added fun, have the children choose a number to throw the bean bags!
- **Body Balance.** Place a long piece of painter's tape in a line on the floor. To start, give the children one bean bag each. Have the children line up and walk across the line balancing the bean bag on a body part (head, shoulder, foot, hand, etc.). Feel free to play music or give the kids more than one bean bag to balance.
- **Hula Toss.** Lay a large hoop on the ground and give each child a bean bag. Have the children toss the bean bags at the hula hoop. How many landed inside? How many of each color? Can you throw the red bean bag into the red hula hoop?
- **Stack and Jump!** Stack 5 bean bags on top of each other. Have the children take turns jumping over the stack of bean bags. Challenge the children by adding more bean bags to the stack or by jumping a certain way (sideways jump, one-legged jump, etc.). Once children have mastered the basic game, construct an obstacle course with several different stacks of bean bags, each with a different number of bean bags in the stack. Once the course is ready, have the children jump over the stacks! Who can complete the course the fastest?
- **Bean Bag Relay Race.** Two children carry an object of choice (bean bags, ball, pencil, stuffed animal, etc.) down a path and back using a designated body part. For example, the children can carry a tennis ball pushing against each other with the ball between their backs, hands, fingers, feet. Make it competitive by adding music or a prize for the fastest group!
- **Tic-Tac-Toss.** Make a large Tic-Tac-Toe board on the floor with painter's tape. Give two players a set of bean bags each and let them play a giant version of Tic-Tac-Toe. Instead of marking their X's and O's with a writing utensils, they will need to toss their bean bags into the squares to get three in a row!

