

Things you will need

- Odd socks (make sure they don't have holes in them)
- Dried peas, lentils or rice

What to do

1. Why is it that when we do the washing we sometimes end up with some odd socks?

This is an activity to use those odd socks.

If you have not got any odd socks, you could use socks that you don't wear any more or you could buy some socks.

2. Follow the instructions on the 'bean bag make' sheet

You can choose what you fill your bean bag with. It can be a good way of using up some nearly empty bags of rice or peas or small pasta

It is good to make more than one bean bag if you can.

Lots of the ideas for games need more than one bean bag.

Extra ideas

- **Bean bag activities and games**

- Look on the bean bag sheet for ideas of things to do with your bean bags.

- **Stress relief**

- Some people like to squeeze and play with the bean bag in their hands when they are feeling worried or stressed
- Some people find that squeezing and playing with the bean bag helps them to think or concentrate
- Some people like to hit or throw the bean bag when they are feeling angry or frustrated. Take care to do this safely away from other people or things that could break