

## Things you can do with your bean bag

**Feel** the bean bag in your hand.

You can use it to exercise your hand and fingers.  
Squeeze it. Rub it. Roll it in your hand.



**Balance** the bean bag on your head.

Can you sit still, stand up or move about without the bean bag falling off?



**Throw and catch** the bean bag.

You could do this on your own or with someone else.



**Throw into or onto** something.

Try different sizes – a tin, a bucket, a table, a square on your patio.

Try moving nearer or further away.



**Play Boccia** with the bean bag.

One person throws a beanbag. We call this the “jack”.

Take turns to throw your bean bag towards the jack.  
The person whose bean bag is nearest to the jack wins one point. Who will be the first person to win 10 points?



**Play bean bag golf.**

Use a sheet of paper to be each ‘hole’.  
We made 9 ‘holes’. How many will you make?

Put the sheets of paper around your home or garden.  
For each ‘hole’ :

1. Choose where to stand
2. Take turns to try and throw your bean bag onto the ‘hole’
3. Write down how many throws each person takes to get the beanbag on the hole.

Will anyone manage to get a ‘hole in one’?

