

Activities To Do With A Bean Bag

Throw the bean bag up in the air, see how many time you can clap, then catch it again.

Throw the bean bag up, spin and catch before it hits the ground

Aim the bean bags at targets, on the floor into hoops or on to targets on the wall

Bean bag bowlers; put up some obstacles, as knock them down with the bean bags

Balance the bean bag on different parts of your body

Try balancing the bean bag while moving; see how fast you can go

See how many times you can catch the bean bag, in pairs or groups, helps improve counting skills

Pass the bean bag from one had to another, see how fast you can go without dropping the bean

Bean bag relay; try passing the bean bag over your head then through your partner, or team mates legs (over and under)