

Title: Bean Bag Balancing

Age Group: Toddler

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Type of Activity: Balancing

Materials:

- Socks
- Beans or corn kernels
- Rubber band or string
- Spoon or scoop
- Bowl

How to Do it:

- Fill a bowl with beans or kernels
- Scoop and pour beans / kernels into a sock until it is half-way filled.
- Tie a knot at the top of the sock
- Fold the remaining piece of the sock over and secure with a rubber band or piece of string

Root Skill / Extension:

Physical: 5.1 Gross motor, balance

This activity is a fun way for your toddler to improve their balance as they reach to pick it up, or balance it on their head as they walk, for instance. In addition, unlike a ball, the weight of the bean bag will prevent it from rolling away, and help your child develop hand strength as they grasp and release.

Extend the Learning: Look for the various ways your child can use the bean bag in the chart below:

Bean bag songs to accompany activity: <https://nancymusic.com/SOM/2010/beanbag-song.htm>,
<https://www.youtube.com/watch?v=-0YGj0YzeRc>, <https://listenandlearn.bandcamp.com/album/i-have-a-bean-bag>

Bean Bag Bowling



Bean Bag Balance



Colour Match



Bean Bag Toss



Other Ways to Play:

- Hot Potato
- Line Them Up (in a row)
- Bean Bag Baseball
(swing a small pillow)
- Follow the Shape
(place on taped shape)
- Hang it and Swing it
(tie it to a door then hit and catch)
- Hide & Seek

Photo Credits

: <http://growingplay.blogspot.com/2012/10/sock-bean-bags-from-sensorybox.html>, <https://clamberclub.com/>, <http://mamaot.com/>, <https://bearpawcreek.com/>