

# Bean Bags, Bean Bags Galore!

Bean Bags are the very first item my Mom taught me to sew when I was a child! Who knew that years later I would be sewing up thousands a year? They are a versatile prop that can be used for downright fun and pleasure, but can also be used for targeting goal areas. Bear Paw Creek's bean bags come in 4" soft square or textured. Great for inside or outside use. Machine washable and CPSIA compliant poly pellets. Includes a drawstring storage bag - of course!



## GOAL AREAS TO CONSIDER:

Motor skills  
Spatial awareness and spacial concepts  
Bilateral Coordination  
Cognitive - literacy, colors, body parts  
Core Strength  
Social skills  
Creativity, self esteem  
Improve Endurance



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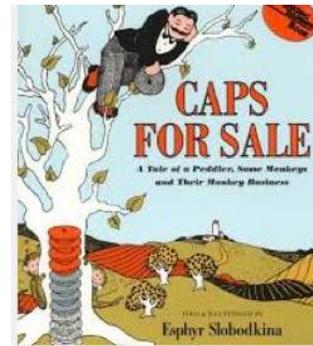
[Check out this link written by an OT of even more detail on working with specific goals and bean bags.](#)

1. Tossing - Toss the bean bag to yourself back and forth, or up in the air. How many times can you do it without dropping it? How high in the air can you throw it and catch it? Set up a goal (bucket, hula hoop, rope circle) and see how many bean bags you can get in. Challenge: take a step back with each basket made.



2. Balance - Balance that bean bag on your head, elbow, back, hand, etc and see how long you can keep it balanced without falling. How many can you stack on your head?

Book Highlight: Read the book Caps for Sale by Esphyr Slobodkina along with this challenge.



3. Endurance Relay - Put a pile of bean bags at one end of the yard or room. The challenge is to move the bean bags one at a time. They will need to listen to your instructions as you yell out what to do: run, skip, hop, crab walk, jump on one foot, balance it on an elbow, gallop. Take turns letting them instruct you too!

4. Hide the Bean Bag - what kid doesn't have fun playing hide and seek? Instead of hiding themselves, they take turns hiding the bean bag. Play hot/cold to help them find it.

5. Tic Tac Toe - If outside draw chalk lines and play tic tac toe using the bean bags for markers. Indoors you could use masking tape to make a line, or use a large piece of paper to make the lines. Challenge: toss them from a distance.

6. Hop Scotch - Draw chalk lines and play hopscotch using the bean bags as the marker. [I love this tutorial with variation from WikiHow.](#)

7. Hot Potato - Sit in a circle, play a short song, and pass the "hot" bean bag around the circle. When the music stops, the person left holding it, sits in the middle until there is no more room.

8. Bean Bag War - This is great for stuck in the house fun. Use your creativity to build a fort for each team. We have used couch cushions or cardboard boxes to create forts for each team. You try to get the other team players out by hitting them with the bean bag.

9. Juggling - Bean bags are great for learning how to juggle. Start with one bean bag tossing back and forth between two hands. Add in the second one when you feel ready. After two are mastered, add in the third bean bag. This is great for eye hand coordination.

10. Follow the Leader - You will need a carpeted space for this activity so the bean bags “stick” to the floor. Place the bean bags a suitable distance apart for the ages you are working with. They will walk on the bean bags, balancing on them as they go. We like to take turns letting each player make up the course.

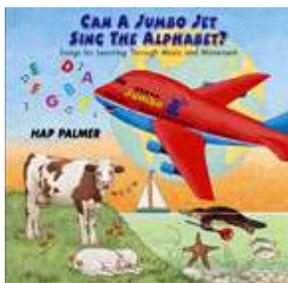
11. Relay Race - So many variations with this one. This can be a challenge for two people or divide up into teams. Create two lines opposite from each other. We like to use a bucket or ring for the end target. Pick what action they need to do for the relay race. Here’s some ideas! Carry the bean bag under your chin and drop into a bucket, race back to the other line and keep doing it until the pile of bean bags are gone. Balance the bean bag on your head while skipping, the next person in line balances it while galloping, third person must walk backwards to the goal. Of course if the bean bag falls - they go back to the start line. Relay races require teamwork and are great to encourage cheering each other on.



12. Bean Bag Dodge - You will need a good size group to play this. Divide into two teams. An inside or outside space will work. You will need to create your boundaries if you are outside. Either way, divide your space in half with a line (rope, tape, visual markers.) Line up the bean bags on the center line with each team against the outer boundary. On the mark, get set, go: each team races to the center line and grabs the bean bags. To get the other team out, you hit them below the knees with the bean bag to get them out. Some rules: the bags must be thrown underhand. If they throw over hand or hit the player above the knees, they are out (or in jail.) Last team player left, wins the game. Alternately you could create a jail, and to get the team player out of the jail, they would need to retrieve a bean bag their team player threw into the jail.



13. Bean Bag Freeze - Freeze tag a new way. Pick a person to be it. The other players will balance a bean bag on their head. They will run around trying to not get tagged. They will freeze if they are tagged by the tagger, OR if their bean bag falls to the ground. To be unfrozen a team member must hand them their bean bag back, or tag them. Last person frozen, is it!



1. “Bean Bag Song” by Nancy Stewart - Free lyrics and digital download
2. “The Bean Bag Song” by Hap Palmer
3. “I Have a Bean Bag” by Rachel Rambach
4. “Bean Bag Beatbox” by Harry Kindergarten Music
5. Bean Bag Cd by Georgina Stewart includes 12 songs
6. Pass the Bean Bag: by Singalong Kids
7. “Bean Bag” on Snap, Clap, Wiggle & Giggle by Mary Jo Huff & Lisa Maddox-Vinson

