



# Bean Bag Balance



## Equipment Needed:

- ✓ 1 bean bag per player

**TIP:** *Don't have the items needed to play? Make your own bean bags by filling plastic bags with rice or beans, then taping them shut to avoid a spill. Alternatively, use a rolled-up pair of socks as a bean bag.*

## Get Ready!

**Gather** your bean bags (or bean bag substitute).

**Clear space** indoors or outside so that everyone has room to move.

**Choose** one person to call out movements.

## Instructions:

1. Everyone place your bean bag on your head.
2. Begin walking around the activity space while balancing the bean bag on your head. If your bean bag falls off your head, that's okay! Put it back on your head and continue moving.
3. After walking, have your designated player call out a new movement to try. You can do lunges, tip toe walks, or back kicks!

**TIP:** Try changing the speed of movements to make them more or less challenging.

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

1. Can you think of an activity you enjoy that requires balance?
2. Why do you think balance is important?
3. How could you practice your balance at home?