

# 25 Activities with Bean Bags



1. **Throw** through a hoop hanging from a tree
2. **Balance** the bean bag on a body part
3. **Place** the bean bag between your feet, then jump and try to catch it in the air
4. **Toss** the bean bag in the air and clap before catching it
5. **Stack** cups, then throw/slide the bean bag at the cups to knock them over
6. Try to **slide** the bean bag across the floor into a box or marked area
7. Use tape to **create** shapes, letters, or numbers on the floor. Have the kids try to throw the bean bag onto a certain shape, letter, or number.
8. **Throw** and **catch** the bean bag individually
9. **Set out** buckets and try to toss the bean bag into the buckets
10. **Place** an open umbrella in the center of the room with the handle in the air. Have the children throw the beanbags into the open umbrella.
11. **Toss** the bean bag with both hands, then alternate **catching** with opposite hands (*Toss with both, catch with right, toss with both, catch with left, then repeat*)
12. **Balance** a bean bag on your foot, raise it up and then try to use it to place the bean bag into a bucket
13. Do a bean bag **relay** between two teams; have the children pass the bean bags over their head, under their legs, on their left side, on their right side, etc.
14. Play a game of bean bag **Hot Potato**
15. Do the “**Bean Bag Dance**” song
16. **Jump over** the bean bag
17. **Kick** the bean bag
18. **Crab walk** with a bean bag on your belly
19. **Balance** on one foot, with the bean bag on the elevated foot
20. **Get a partner** and see how many times you can throw and catch a bean bag together
21. **Site word** bean bag toss (Write sight words on cardstock, then call out a sight word and have the child throw the bean bag onto the called word)
22. Place the bean bag between your knees and **hop/waddle** to a certain spot to drop it in a bucket
23. **Flip** the bean bag with a spatula to friend or into bucket
24. Use a **twister mat** and have the children throw their bean bag onto a certain color
25. Play bean bag “**Simon Says**”

## How to make the Bean Bags

### Materials

- Fabric or socks
- Filler (feed corn, dry beans, rice or Styrofoam filling)
- Sewing machine/needle and thread
- Scissors
- Funnel or cardstock

### Directions

1. Cut the material or sock to the size you would like your bean bag.
2. *When using material (if using a sock skip to 3):*
  - a. Place two of the same size pieces of materials together. (If there is a “good side”, place those sides together.) Then sew all but one of the sides completely closed. You’ll need to leave a side open so that you can turn it right side out, as well as add filler.
  - b. Turn the material right side out.
3. Use a small funnel or make a funnel out of a piece of cardstock, to fill the bean bag to the desired fullness.
4. Once the bean bag has been filled, sew the open side of the bean bag closed.



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