

Curriculum Share

DRDP Measure: Gross Motor
Age Group: preschool age

DIY Beanbag and Toss Game

Materials for beanbag:

- An old sock
- 2 zip ties or rubber bands
- Rice or beans to fill

Materials for game:

Use a hula-hoop, a basket or tape to mark wear to toss the beanbag.

You can also use a box and cut out shapes for a fun toss game.

**For an additional activity: ask your child to balance the beanbag on their head and balance on one foot.*

DIY Directions:

Step 1: Fill sock with either rice or beans, making sure to leave about 2 inches of space on top.

Step 2: Use one zip tie to tightly secure the top sock end.

Step 3. Fold over extra sock, covering the zip tie.

*2nd zip tie can be used for longer socks.

