**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.