Bean Bag Balance

Instructions:
1. Everyone place a bean bag on your head and begin walking around the room while balancing the bean bag there (trying not to let the bean bag fall off).
2. After walking have your designated player call out a new movement. You could try lunges, tip Toe walks, or back kicks!
   - Tip: try changing the speed of movements to make them more or less challenging

Equipment Needed:
- Bean Bags—one for every person playing

DIY Equipment:
Don’t have the items needed to play? You can make your own bean bags by filling plastic bags with rice or beans and taping them shut to avoid a spill.

Get Ready!
- GATHER bean bags
- MAKE room or go outside
- CHOOSE one person to call out movements

Family Talking Points:
Discuss together and write or draw your answers in the space provided.
Can you think of an activity that you enjoy that requires balance?

Why do you think balance is important?

How could you practice your balance at home?

For more fun activities visit: https://extension.oregonstate.edu/bpea

BE Physically Active 2Day!