

Bean Bag Balance Game

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Materials:

Containers (Vary the size) - I use ice cream pails, bowls, sand buckets etc.



Preparation:

Set out the containers of varying size with a bean bag next to them. The larger the container the more challenging the balance task will be.



Start at the smallest container and have your child place the bean bag on their foot. The child then lifts the foot with the bean bag on it and places the bean bag in the container.



Once they have mastered the smallest container move on to the next and then the largest!