

## BeanBag Adapted Activity Guide

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### Introduction

Everybody loves a **BeanBag**! Great for grasping, holding, tagging, releasing, catching, tossing, throwing, sliding, balancing and juggling, the **BeanBag** is a student's "best friend." Now more irresistible than ever, **BeanBags** come in a multitude of colors, textures, sizes and shapes. From the traditional square **BeanBags**, to the pyramid-shaped and the **BeanBagZoo™** **BeanBags**, these all-time favorites can add new twists to old games and can certainly inspire new ones, too. With letters, numbers, bilingual words, and sign language, **BeanBags** launch students into a multi-dimensional level of learning. This guide is designed to help you and your students get the most from your **BeanBags** in an adapted environment.

*Use:* Generally for students in early childhood through the upper elementary level.

*Safety Suggestions:* For student's own safety, have them place **BeanBags** far enough away from them when listening to instructions so they don't miss any information. A **BeanBagGorilla™** can be much more engaging than the teacher giving directions!

### Games And Activities

#### Hide The Frog

*Grade levels:* Kindergarten through grade 1.

*Objectives:* To increase agility, color recognition and visual memory.

*Set Up:* Spread out **Dome Multimarkers™** and hide different colored **BeanBags** and/or **BeanBagZoo™** Animals under the domes. This can be done randomly or in relay formation as a team challenge.

*The Game:* Students move around the domes or take their turn while trying to find the red frog, yellow #1, letter A, etc. Students can skip, gallop, etc. or they can walk on top of the domes. This can also be done on scooters and **RollerRacers®**.

*Adaptations:* For students with visual impairments, place a **DuraBeep™** Ball under the dome, and turn it on when it is their turn to go.

#### BeanBag Bowling

*Grade Levels:* Grades 1 through 4.

*Objectives:* To develop underhand-rolling skills and to increase accuracy.

*Set Up:* Spread out 4 to 6 bowling pins on each side of the gym. Divide the class into 2 teams, one on each side. Provide plenty of **BeanBags** that can slide.

*The Game:* On the signal to begin, students slide one **BeanBag** at a time to knock down the pins on the other side. They may not cross the center line. They must stay up on both feet and may not block pins from being hit. No throwing **BeanBags** overhand. If students make a mistake with the rules, they are invited to watch for 2 minutes to help them remember.

#### BeanBag Jamboree

*Grade Levels:* Elementary.

*Objectives:* To provide opportunities for movement exploration, while also increasing leadership skills, cooperation and eye-hand coordination.

*Set Up:* Mark off 6 medium-sized areas and put 4 to 5 students in each area. Give each group several kinds of **BeanBags**. You may also add hoops, jump ropes, etc. Music works well for this activity, too.

*The Activity:* Students take turns being the leader and demonstrating a **BeanBag** activity for their group. While the music is playing, the group performs the activity, either taking turns or as a group. When the music stops, change leaders. After all have had a turn being the leader, change groups.



### **BeanBag Rock Around The Clock**

*Grade Levels:* Middle to upper elementary.

*Objectives:* To increase eye-hand coordination and speed of response.

*Set Up:* Give each student a **BeanBag**. Place an even number of students in 4 or more circles and have them count off "1, 2, 3," to the last person in their group. Have each student place their **BeanBag** in front of player number 1.

*The Challenge:* On the signal to begin, the first person picks up one **BeanBag** and passes it to the player on the left. The player receiving the **BeanBag** passes it on around the circle until it gets to the last player, who sets it down on the ground. Player number 1 passes the next **BeanBag** around, etc. When the last player has all the **BeanBags**, that player starts passing the **BeanBag** back around to player #1, who passes them back to the 2nd to the last player in the group, etc. When all circles have their **BeanBags** back to the first person, the challenge is complete.

*Variations:* Change the size of the circles or the way the **BeanBags** are passed. For example, underhand, overhead or behind the knee.

### **Weigh Me Down**

*Grade Levels:* Any

*Objectives:* To increase proprioceptive input into the joints.

*Activity:* Although this is not a game, **BeanBags** can be added to either side of the vest to provide weight during other activities. The added weight can be a stabilizing effect on children with neurodevelopmental challenges.