Physical Therapy Activity of the Week- Things to do with bean bags!

Bean bags are a great multipurpose toy for kids. They can come in a wide variety of shapes and colors and you can even make them out of things you have around the house. You can add simple rice or beans and fill up small socks, tie them off, use duck tape or even sew them shut, and then you have a “bean bag”.

Here are a few ideas to try at home!

1. Bean bag toss- have your child practice tossing a bean bag to a target that you have. The goal could be to make it inside a hoop, or for it land on a shape or even a favorite toy. Start in sitting and move to standing. When they are ready, increase the distance they have to toss the bag.

2. Bean bag body awareness- have your child practice putting the bean bag on different body parts. Start with the simple ones like, head, foot, arm etc.. If your child is not able to start there you can help them by demonstrating and helping them know where their head or foot is by giving them the model. You can make a game out of it by seeing who can keep the bean bag on their head the longest. OR make it more challenging and have them hold a certain position while the bean bag rests on top ie; a bridge, a bear walk, or standing on one foot. Holding those positions over time will help with their core strength too!

Extra: Try some Spring Yoga poses that are fun and help develop postural stability and strength!
Windy Pose

Stand up tall, legs together. Stand with your arms elevated behind you with the palms facing backwards.

Lean forward keeping body straight and go up on your toes. Hold this position for 5 seconds (as if you are leaning forward with your head into a strong wind).

Return to start and repeat 3 times.
Umbrella Pose

Stand up as tall as you can with feet together and arms straight at sides.

Keeping elbows straight, open your “umbrella” lifting arms up a little higher than shoulder height and let hands droop. Go up on toes on both feet.

Hold your “umbrella” open for 10 seconds.