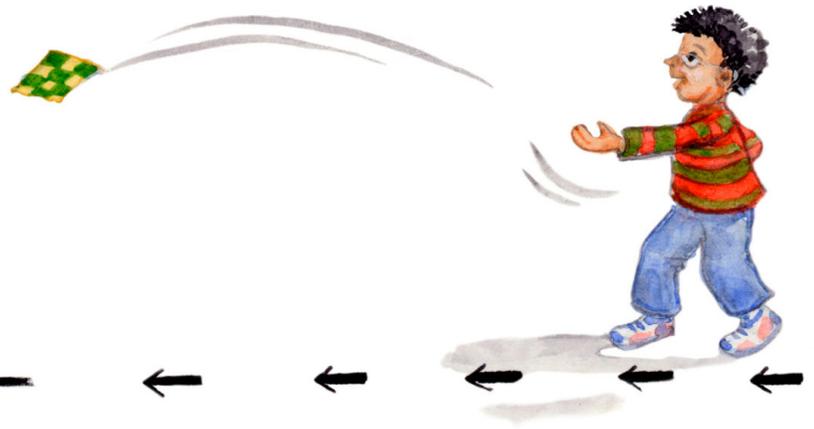


Bean bag golf

Let's play and talk together

- ❖ Make a golf course using large containers, hoops, old tea towels or rope circles for the "holes." Make as many different holes as you wish.
- ❖ Put a "tee" or start marker about three to four metres away from each hole. Lay out the tees and holes so they follow a path through your play space.
- ❖ Start the golf game by inviting your child to throw a bean bag or rolled-up sock from the first tee toward the first hole. Count how many throws it takes to get the bean bag or sock into the hole.
- ❖ Join the game with your child. Take turns throwing until you have both landed in the hole.
- ❖ Move to the next hole. Continue taking turns throwing and counting at each hole.



Hints for success

- ❖ Set up your golf course in a large outdoor play space.
- ❖ Try throwing underarm and overarm. Talk with your child about which way is easier.
- ❖ In each round of play, start with the person whose bean bag or sock is furthest away from the hole, then the next furthest, etc. Others wait behind the throwers until their turn comes.

You will need large containers, hoops, old tea towels or pieces of rope to make golf holes, and small objects such as stones to make tees. You will also need some easy-to-throw objects such as bean bags or rolled-up socks.

This activity is good for developing eye-hand coordination, counting, learning to take turns and learning new words.

More ideas for Bean bag golf

Try this way

- ❖ Vary the distances from tees to holes. Encourage your child to predict how many throws it will take to land in each hole. Compare the predictions with the actual number of throws.
- ❖ Set out a tea towel or sheet to make a hazard or "trap." If a bean bag lands in a trap, it can only be picked up while standing on one foot.
- ❖ Number the holes with signs, or label them with names for each day of the week. Play the holes in order (i.e. starting with 1, 2, 3... or going from Monday through Sunday).



Drawing

Have children draw pictures of sea creatures they might see in an aquarium. Ask them to put some pictures they have drawn into each hoop. Invite the children to imagine they are feeding the fish and mammals at the aquarium. Throw some different objects into each hole to feed the creature.

Creative play

Encourage children to design their own golf course.

