Activity Guide

Toss 'n Play™

BEAN BAG ACTIVITY SET
The Toss • n • Play™ Bean Bag Activity Set encourages children to learn shapes, number and colors through active play. The games and activities included are designed to enhance motor skills, hand-eye coordination, and to instill in children a love for active, physical play.

Here are some games and suggested activities to get you started. Children will naturally make up their own games as they play. The possibilities are endless!

**Contents:**
- 4 ft. x 5 ft. vinyl mat
- 4 bean bags

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**Target Toss**
For 2-4 players

Each player chooses a bean bag and stands 2 feet back from the green line on the mat (younger children may stand closer, older children may stand farther back). Players take turns tossing their bean bag on to the mat, aiming for the large blue triangle in the middle. Players score 3 points if their bean bag lands on the triangle, 2 points if it lands on the large yellow circle, and 1 point if it lands on the large red square. If a bean bag lands between 2 shapes, help children determine where the majority of the bean bag landed. The first player to get 10 points wins! (Younger children can play to 5 points.)

**Variation**
Players face away from the mat and throw the bean bag over their shoulder!
IT ALL ADDS UP!
For 2-4 players

One player chooses 2 bean bags and stands 2 feet back from the number 1 square. The player then tosses a bean bag aiming for the 1-5 number squares. Next, the player stands 2 feet back from the number 6 square and tosses a second bean bag aiming for the 6-10 number squares. Help children add up the numbers on the 2 squares where the bean bags landed. Then, the next player takes a turn. The player with the most points after everyone has a turn, wins!

VARIATION
Each player throws 4 bean bags (2 at each set of number squares). Add all 4 numbers to determine the score.

FLYING COLORS
For 2-4 players

Each player chooses a bean bag. Players stand 2 feet away from the green line and take turns tossing their bean bags at the mat. Players score 1 point if their bean bag lands on anything that is the same color as their bean bag. The first player to get 5 points wins!

CATCH-UP!
For 4 players

Set up teams with 2 children each. Team 1 starts with a player standing in the number 1 box and his partner in the number 6 box. The player in the number 1 box tosses all four bean bags, one at a time, to his partner. If his partner catches all four bean bags, they both advance to the next number squares (2 and 7). Players keep tossing, catching and advancing until one player misses. Then it is the next team's turn. The team that advances to the highest number squares wins!

CROSS THE RIVER
For 2-4 Players

Each player chooses a bean bag. The youngest player begins by standing on the red border line and tossing her bean bag anywhere on the mat. Then, she makes her way across the "river" (the mat), by stepping on parts of the mat that are the same color as the bean bag. Players must also "rescue" their bean bag by picking it up before they reach the other side of the river!

BEAN BAG EQUATIONS (ages 6 and up)
For 2 players

One player stands 2 feet back from the number 6 square and tosses a bean bag at the 6-10 squares. The other player stands 2 feet back from the number 1 square and tosses 2 bean bags, trying to get 2 numbers that add up to the first players' number. (For example, the first players' bean bag lands on number 8, the second player tries to throw a 3 and a 5, or 2 bags on the number 4.) Now, players switch sides.
DO THE TWIST
For 2 or more players

Place a bean bag in the number 1 square. The first player stands with his feet on the mat foot prints. The player tries to pick up the bean bag without moving his feet. Then, place a bean bag in the number two square and have the player try to pick up the bean bag. Continue in this manner and to see how high he can go!

VARIATION
Play the same way, but have the player place his right hand and right foot on the mat.

MUSICAL BEAN BAGS
(A variation on the classic Musical Chairs game)
For 2-5 players

Take 1 less bean bag than the number of players and place them on the hand and foot prints on the mat. For example, if you have 4 players, place 3 bean bags on the mat. Start the music and have players walk around the outside of the mat. When you stop the music, players try to take a bean bag from the mat. The player who did not get a bean bag stands in the middle of the mat. Then, take one bean bag away and start the music again. Play continues until one player takes the last bean bag and wins!

MAT ACTIVITIES

DO THE HOKEY POKEY!
One player stands on the large blue triangle. Then he spins around several times, stops and calls out the name of the hand or foot print he is facing (for example, "right hand"). All the other players do the hokey pokey with their correct hand or foot. Now it is another player’s turn to spin!

READY, AIM, TOSS!
Practice color, number, size and shape recognition by prompting children to toss a bean bag at a specific target. For example:

- Toss a bean bag at the red footprint.
- Toss the green bean bag at the number 4.
- Toss a bean bag at the largest yellow circle.
- Toss a bean bag at a number greater than 3.
UP, DOWN, ALL AROUND!

Help children explore spatial relationships by prompting them to move in different directions on the mat. For example:

- Jump over the number 2 square.
- Walk along the longest green line.
- Stand on a small yellow line. Which number is in front of you? Which number is behind you?
- Hop around the large yellow circle.
- Stand near the top of the large blue triangle.
- Run along a long yellow line. Now, stand on a short yellow line.

Now add prompts using the bean bags. For example:

- Toss a bean bag over the red footprint.
- Place a bean bag at the bottom of the large blue triangle.
- Toss a bean bag inside the large yellow circle.
- Place a blue bean bag on top of your head and walk along the green line.
- Balance a bean bag in each hand and hop on numbers 1 through 5.
- Stand on the number 10 and toss a bean bag over the large blue triangle.
- Put your right foot on the correct footprint. Toss a bean bag up in the air and catch it while balancing on your right foot.

Use action prompts to help children practice gross motor skills. For example:

- Skip along the green line.
- Crawl around the large red square.
- Run from the number 6 square to the number 10.
- Tiptoe along the long yellow line.

(Other action words: twist, turn, bend, reach, zig-zag, balance)