

# Module B – Bean Bag and Balance Board Exercises

*Move chin up and down with all exercises; chin almost to chest*

*Toss underhand. Catch underhand around abdomen level*

*15-20 tosses each exercise to practice, 10 tosses without dropping to competency*

*Increase rocker board angle as competency is obtained – target 50-55° eventually*

## ***One bean bag***

1. Toss up with two hands
2. Toss with right hand
3. Toss with left hand
4. Arc from right to left
5. Arc from left to right
6. Twist and toss
7. Close to ceiling

## ***Two bean bags***

8. Up and down same hands
9. Crisscross
10. Make up your own (toss and clap, juggle, etc.)