

**Grade Level**

3<sup>rd</sup> & up

**Lesson Length**

30 Minutes

**Outdoor Skills**

**Take Home Project**

- No sew bean bag

**Suggested Setting**

- Outdoors

*These grab and go lessons aim introduce outdoor skills while incorporating STEM skills of inquiry, critical thinking, problem solving, & resiliency to life through hands-on learning.*

**Learning Objectives:**

By the end of the lesson, students should be able to:

- Explain why it is important to spend time outside and be active.
- Create and construct their own outdoor game to play outside.

**Materials List:**

- Sock
- Beans
- Bean Bag Game Worksheet
- (Optional) Items to create an outdoor game

**Introduction:**

Did you know it is good for us to spend time outside? Research has found that spending time outside can make our brains and bodies healthier. One fun way to get outside is by playing yard games. DIY (Do It Yourself) outdoor games are an easy way to make our own fun using recyclables, household objects, and simple materials. DIY outdoor games allow us to get creative, be active and experience the outdoors all at the same time! Making our own games also promotes sustainability.

**Sustainability** means using our natural resources wisely so that will last and to help the environment. Reusing materials and objects we already have helps keep materials out of the landfill.

Whether you are in your own backyard or camping at a Nebraska State Park—use what you have to build your own game and make some outdoors fun!

**START** by watching the DIY Outdoor Games Video found on the activity webpage.



## Do

### Activity 1: Make A No Sew Bean Bag

#### Materials

- Socks (mid length/calf length socks work best)
  - Dried beans (about 1 cup of beans per bag)
1. Watch the Outdoor Games Video for step by step how to video.
  2. If using knee high sock, cut the sock in half. Knee highs will allow you to make two bags. No need to cut the sock if you are using an ankle or calf length sock.
  3. Turn the sock inside out and tie one end, pull tightly.
  4. Flip the sock back to the right way.
  5. Pour about 1 cup of dry beans into the sock.
  6. Tie a knot at the top end of the sock as tight as possible.
  7. Move the beans around in the sock to form a round ball shape (tie knot tighter if needed).

### Activity 2: Invent a Bean Bag Toss Game

1. **Hand out** the Bean Bag Toss Game worksheet. As a class read-through the instructions.
2. **View** the Outdoor Games Video and PDF for game ideas to get started.
3. **Complete** the Bean Bag Toss Game Worksheet. The worksheet will walk students through the process of inventing and designing their own outdoor game. The Challenge? They can only use materials and objects they can find around their *environment* (classroom, home, garage, yard or nearby park).
4. **Share:** Students can share what they are making their game out of and how it will be designed.
5. **Build A Game (Optional).** If possible, build a game as a class using objects found in the classroom. Play with the bean bags. And/or encourage students to keep their game design to build and play their game at home!



## Reflect

Questions to ask the students:

- What are reasons to DIY and make your own game?
- What is sustainability?

