

Get up &
go!

How to play

This game can be played indoors or outdoors.

Place a soft object like a bean bag or rolled up sock on top of your head.

Balance the object on your head for as long as you can while:

- running
- walking around obstacles
- picking something up from the ground

Equipment

A bean bag. If you don't have a bean bag, you can use a soft object like a rolled-up sock.

Bean bag balance