

BEAN BAG TOSS & CATCH SONG

Are you ready to practice throwing
and catching your beanbag?

Access the video and the song here
<https://youtu.be/Vv1Wkk7iv0M>



Hold your beanbag.
Look at your hands.

Toss, catch. Toss, catch. Toss, catch.

Freeze.
Hold it still.

Toss the bean bag. Not too high.
Catch it gently. Toss, catch, toss, catch.

Toss it a little higher. Catch it again.
Toss, catch, toss, catch.

Toss it even higher.
Ready?
Catch it if you can.
Toss, catch. Toss, catch.
Freeze.
Take a deep breath.

Let's keep going.
Toss, catch, toss, catch.
Toss, catch, freeze.

Take another deep breath.
Now hold your bean bag.
Give yourself a quiet hug.

You practiced tossing and catching.
You stayed calm and focused.
You did your best.
You are ready for what's next.

