



How to make a Fun Bean Bag

You will need:

A SOCK

You will need one sock - plain or patterned. Also note, that a bigger sock means a bigger bean bag!

DRIED BEANS, LENTILS, RICE OR BARLEY

Or whatever you have in your cupboard!

RIBBON

Or you can use an elastic band if you don't have ribbon.



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Making your Fun Bean Bag:



Turn the sock inside out.



Tie a knot just below the heel line of the sock.



Turn the sock back with the right side showing.



Fill the sock with either dried rice, beans barley or lentils.



Leave enough room at the top to tie a tight knot.



Tie a tight knot at the top of your sock and wrap ribbon or an elastic band around the knot to secure it. Your bean bag is now ready to play with!

Please send us photos of your fun bean bag! Email them to alison.bernstein@camden.gov.uk or WhatsApp them to 07876 651 950.

To find out about more family learning opportunities, please visit:

www.camden.gov.uk/adultlearning

Call Alison Bernstein on 07876 651 950

or email alison.bernstein@camden.gov.uk

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