

Plastic Bag Blast

Materials:

Two Plastic Cups

1 soft cover book or piece of cardboard (two if playing variation)

1 plastic bag or small paper bag (Two if playing variation)

Timer

2 items to mark the start and finish line (if playing variation)

Set Up:

Place 2 cups upside down on the floor, about 10 feet from each other.

Directions:

Place a plastic bag on the floor next to one of the cups and “fan” the bag back and forth from cup to cup by waving the the book near it - How many can you do in a minute?

***Variation:**

Place two items outside about 25 feet apart to mark the “Start” and “Finish Line”. Race a partner to see who can cross the finish line first!

