**Peripheral Bean Bag Drop**

**Goal:** To gain peripheral awareness and accuracy in motion.

**Setup:** Place a straight line with painter’s tape or string across a clear area or hallway. You will need something to work as the targets (colored paper, buckets, bowls, tape) and something to drop on the targets (bean bags, small stuffed animals, rolled up socks).

**Instructions:**

1. Place different targets on either side of the line, within arms’ reach.
2. Keep your eyes straight ahead, either on a central object or a chart.
3. Begin walking and when you see a target in your periphery, reach your arm out and drop a bean bag right on the target.
4. Continue to walk and drop bean bags on to the different targets.

**Aspects to emphasize:**

1. Be sure that you can see the target in your periphery when you drop the bean bag.
2. Work on accuracy: get the bean bag right in the center of the target.

**To make it more interesting:**

1. Walk along a diagonal, curved, or zig-zagged line.
2. Read the chart while dropping bean bags on the targets.