



## Educational Moves

### DECEMBER 2021 NEWSLETTER

Welcome to my final Newsletter for 2021.

In this newsletter I would like to share with you some information on the benefits of **Bean Bag and Ball exercises**.

#### Benefits of Bean Bag / Ball Exercises

- May help with focus and concentration;
- Warm up the body ready for sport training;
- Further develop Right & Left hemisphere functions;
- May help to further explore the bodies senses;
- Release anxiety & tension by having fun;
- Further develop hand-eye coordination;
- May help develop gross motor skills;
- Encourage better body awareness.



<b>Different Equipment</b>
Bean Bags
Rolled up pair of socks
Tennis Ball
Mini basketball
Hacky Sack
Sensory/Spikey Ball
High bounce ball

Below is a link to some Bean Bag / Ball exercise videos on my website which you might like to try at home over the Christmas holiday period. Why not practice this and use it with your students in 2022!

**Exercise video link:**

<http://www.educationalmoves.com.au/videos.html>

Best wishes for a Happy and Safe Christmas and a wonderful 2022,

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