

# Foundations

## Wacky sacks

### Supplies Needed:

- Balloon
- Rice/beans/any legumes

*Best for ages 3-8. This activity is designed to help your children learn that our surroundings and peer group naturally make an “imprint” on us, unless we consciously try to prevent this.*

1. Take a balloon and fill it with rice/bean/any legume.
2. Tie the balloon once it is filled.
3. Place your thumbprint in the balloon and show your child how it remains.

**Explore with your child how the imprint of the thumb will remain, unless you consciously rub it out and play with the balloon. Process with your child the importance of surrounding oneself with healthy and positive peers, so that the natural “imprint” that is left on is a positive one.**



Building Our Future Today.