

# CHEN'S ACTIVITIES

## Chinese Playground Games



These are the Chinese beanbags. We call them "sha bao".



This is a Chinese shuttlecock. It is made of plastic and feathers. It creates a cone shape, and is held together by a round base, usually made of cork or rubber.



Shuttlecock kicking can build body and can be good for the brain. This Chinese girl is playing the shuttlecock during class break time.



This is Chinese rubber band skipping. Kids play rubber band skipping during class break time.



This is Chinese rope skipping. You have to develop coordination between skipping and rope movement.

I love these Chinese playground games. I have great fun in playing Chinese beanbags. How about you?

