

Balloons in the Air

This is a fun and playful movement game that helps to build listening skills, body awareness, and hand-eye coordination.

Ages: 6-10

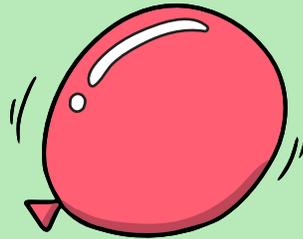
Number of Players: 4+

Time: 15-30 minutes

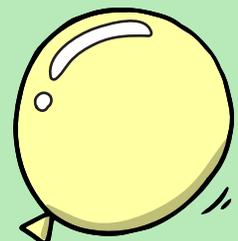
What you'll need: Open space, balloons, permanent markers, music player



HOW TO PLAY



1. Each player inflates one balloon and writes their name on it with a marker. Players can also draw or write other things on the balloon. For example, a favourite animal or picture of themselves. Be creative!
2. Pick one person who will turn the music on and off. When the music starts, all the players toss their balloons up in the air.
3. While the music is playing, all of the players make sure everyone's balloons (not just their own) stay in the air by gently tapping them up. This takes teamwork!
4. When the music stops, players have to find their own balloon, catch it before it touches the ground, and then stop moving.
5. Anyone whose balloon is on the ground when the music stops sits down with their balloon. If a player has caught someone else's balloon, they also sit down. The player whose balloon was caught by someone else stays in the game.
6. Start the music again and repeat until one player is left standing with their balloon. This player can be the person that turns the music on and off next or they can pick another player to do it.



Option: for more of a challenge, give each player two balloons!