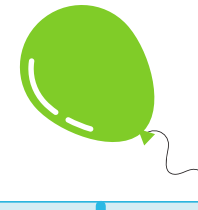


Challenge ideas - Balloons



Keep the balloon in the air using your body.

Loosely hold a jumper or tea towel. Throw and catch the balloon using this 'parachute'.

Play a game of balloon football (or any other sport) with a balloon instead of a ball.

Put the balloon between your knees and have a waddling or jumping race.

The challenge could be to keep it up for as long as possible, or a certain amount of time.



This could also be done with a family member with two or more people keeping the balloon in the air.



This could also be done with a partner:

With a tea towel or jumper each and tossing it to each other

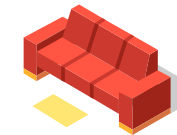


Or



Each holding an edge of a larger towel with two hands and working together to toss and catch the balloon.

Balloon volleyball: Use the couch or a table as a net and hit the balloon to someone on the other side.



Balloon tennis: Use a real racket or a paper plate to hit the balloon.



Balloon hockey: Use a hurl or a rolled up sheet of newspaper to hit the balloon on the ground.

Instead of a race, set a start and end point for waddling or jumping.

Time how long it takes you to waddle or jump from one point to another. Can you repeat it in less time?



How many jumps does it take to move between the two points? Can you do it again in less jumps?