Blow Up Games

Balloon Activities

Objectives:
1. Experience cooperative play.
2. Learn fun games to play using balloons.

Age:
8 years and older.

Length:
Approximately 15 to 25 minutes.

Supplies and Materials:
1. Balloons – one per person, plus some extras to replace those that pop.
2. Several hula hoops.
3. Markers to label balloons.

Special Considerations:
Wheelchair-Bound Participants: Modify games for wheelchair-bound participants.

Balloon Safety: Remind participants that balloons are not safe for young children so they would not want to play these games with them.

Activity Directions:

1. Share with the group that being physically active includes doing all different kinds of movements and games. You don’t have to have special equipment or go to a certain location. You can be physically active with a balloon in your backyard.

2. Distribute one balloon per person. Have participants label their balloons with their names. Lead a variety of games from the following list.

Balloon Stretch:
Before you blow up your balloon, let’s use it to stretch some muscles. Hold each end of the balloon with your fingers. With your arms straight in front of you, gently pull out on the balloon. Repeat. Now hold over your head and gently pull as you bring your hands to your shoulders. Repeat.
**Target Practice:**
Establish some targets with hula hoops. Blow up the balloons and hold the end closed. Do not tie them off. See who can land their balloons closest to the targets by aiming and then releasing the balloon.

**Volleyballoon:**
Blow up and tie off your balloon. Keep it from touching the ground using any body part. After a few minutes, try one balloon for two people, then two balloons. Increase to larger groups.

**Balloon on the Move:**
Divide into groups of eight participants. As a group, move one balloon from the starting point to the ending point following a few simple rules. No one can stand. Two people must be touching the balloon at all times. Each person has to touch the balloon before anyone touches it a second time (and so on). Hint: early passers must move to the other end of the line to receive the balloon and pass it on.

Variations: Add a second balloon. Limit to just feet and legs being in contact with the balloon.

**Foot Volleyballoon:**
Divide into pairs and sit on the floor in the crab-walk position. Each pair has one balloon. Prevent the balloon from touching the ground using only your feet.

**Take Home Tidbit**
Take home slip says the following:
“Ask me about the balloon games we played at the WIN Kids Fun Day.”

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