



KEEP THE BALLOON IN THE AIR



KEEP THE BALLOON IN THE AIR

Objective

In this game, the children's balance, eye-to-hand coordination and agility are challenged in that the children must move after the balloon and hit it up in the air. The children must also cooperate on solving the task during the game.

Equipment

Balloons or light balls

Instructions

1. Get the children to spread themselves around the play area.
2. One child hits the balloon in the air.
3. The children shall now cooperate to keep the balloon in the air as long as possible.
4. Preferably, get the children to count how many times they hit the balloon during the course of the game.
5. If many children are playing the game, more balloons can be added.

Variation

- For progression in the game, light balls can be used instead (e.g. beach balls). The smaller or heavier the balls are, the more difficult it is for the children to keep them in the air.
- A variation of the game is for the children to play in pairs and keep the balloon or ball in the air.
- It's also possible to add the rule that the children shall use different body parts when hitting the ball. The adult can then hold up/point to the body part that must be used.
- For further progression in the game, the children can sit on the floor and stand up against each time the balloon or ball is hit.