

Balloons in the Air



Planning

- 10-15 minutes
- Suitable for any number of participants

Materials

- 1 Balloon (use more for a larger group)

Instructions

- Have all participants stand in a circle and hold hands.
- Explain that their goal is to keep the balloon in the air without letting go of hands.
- Tell the group they may only use the body part(s) you call out.
- Remind players to use gentle hits and stay aware of others.

Game Play

- Toss the balloon into the air to begin.
- Call out **one body part** (for example: elbow, knee, head, nose, foot).
- Players may only use that body part to keep the balloon in the air.
- If the balloon touches the ground or the wrong body part is used, restart the round.

Sequence Variation

- Start the balloon again.
- Call out a **sequence of body parts** (example: "elbow, knee, nose").

- The group must follow the sequence in order:
 - First hit: elbow
 - Second hit: knee
 - Third hit: nose
- Repeat the sequence as long as the balloon stays in the air.
- Restart if the balloon drops or the sequence is broken.

This game encourages teamwork, listening skills, and coordination.

Variations

- Increase sequence length as skill improves.
- Time the group to see how long they can keep the balloon in the air.
- Use multiple balloons for advanced gameplay.

Debrief

- What helped us keep the balloon in the air?
- What happened when everyone worked together?
- What helped you stay focused on the sequence?
- What strategies did we use when the balloon started to fall?
- What would you do differently if we played again?
- How did the group adjust after a mistake?
- How is this game like working as a team in real life?

