

Balloon games

I hope that you are all safe, well and are being active at home. Here are a few fun and active balloon games that you can try.

Don't Let The Balloon Touch The Ground: The rules are simple – hit the balloon up in the air but don't let it touch the ground. To make it more challenging you should juggle more than 1 balloon, or tie one hand behind your back. Time yourself to see how long they can do it for. If you have a sibling count how many times they can hit it back and forth...then see if they can beat their time or score!

- Why not try and do it without using your hands.

This game is great for improving arm strength and hand-eye coordination.

Penguin Waddle: Place a balloon between your knees and waddle across the room without dropping it. Make it more challenging by having to go around a few obstacles. If you drop it, you have to go back to the start.

For multiple people in your house, play as a team with the balloon placed between your hips. Once you get the hang of it, get out your timer to see how fast they can do it.

Balloon Blow: Set up a “course” and see if you can blow a balloon all the way to the finish line. You'll have to do lots of army crawls working their upper body and core strength along the way.

Backhand Balloon Balance: The challenge is to balance a balloon on the back of their hand, and see how long they can do it before it falls to the ground. Try and do it while walking.

Balloon Foot Balance: For a real challenge, lie on the ground with your legs up in the air and try and balance the balloon on your feet. It's not an easy task and requires a lot of concentration. It's also a great core workout!

Balloon Volleyball: Make a “net” by tying a piece of string between 2 chairs, or placing some pillows along the floor. Hit the balloon back and forth by running from one side to the other, trying to keep it off the floor. If there is two of you, hit over the net as many times as they can without it falling, or try scoring against each other.