

Give us a break!

Resource sheet 8 Balloon juggle

Start by using one (inflated) balloon per person and 1 extra. Challenge the group to keep all balloons in the air. This gets the group moving and co-operating. Once they've got the hang of it make it harder by adding more balloons or placing restrictions e.g. no hands, hop on one foot etc.

The game ends after 3 balloons (or as many as you decide) have touched the floor.

You can use a stopwatch for this game and see whether the group can better its record with another attempt. To make this a fair 'contest' you will need to add the extra balloons and restrictions at the same regular intervals, e.g. every 5 seconds, for all attempts.

