



# Balloon Fun



## You will need



A pack of balloons



## Steps:

### Bat and Catch

- Blow up a balloon and throw or bat it around the room. Since balloons move slowly, your child may find it easier to catch or hit it.
- For extra fun, place a jingle bell inside before inflating it so it makes a sound when it moves.

### Kick and have a Laugh.

- Kick the balloon with each other using your feet. Say 'Ready..Steady ..Go!' before giving it a big kick. If the balloon touches you, make it silly by pretending to fall down or flop into the sofa.

### Chase your balloon (with a deflated balloon)

- **Blow up a balloon.** Say "Ready..Steady...Go!" then let it go. Watch it zoom around the room and chase it to see where it lands.
- **Let your child take charge.** Blow up the balloon and let your child say "Ready..Steady..Go!". Let them release it and feel it deflate in their hands.



### Make a bat or shoot some hoops!

- Use a long tube from a kitchen roll or cut out simple paddle bats from a cardboard (like an amazon package). Blow up a balloon for easy, gently play. Show your child how to tap the balloon with their bat. Let them explore how it moves.
- Cut a large circle out of a piece of cardboard to make a hoop. Attach it at your child's eye level. You can do this by: Wedging it against the side of a chair, or trapping one edge inside a drawer so the hoop hangs out over the floor. Show how you can toss the balloon into the hoop and see if they copy you.

What's next?