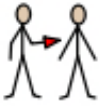


Balloon



Fun



You

will



need:



A pack of balloons



Blow up a balloon and try these ideas:



Steps:

- Throw and bat it round the room. Because balloons move more slowly than balls, your child might have more success in catching it or getting to it in time to bat it with their hands. You could put a jingle bell inside the balloon before you blow it up, so it makes a noise when it moves.
- Kick it to one another with your feet. Say 'Ready...Steady...Go!' then give it a big kick. If they kick it and it touches you, make it funny. Pretend to fall on the floor or collapse back on the sofa!

Leave a balloon deflated and try these ideas:

- Blow up the balloon, say 'Ready...Steady...Go!' and let it go. Allow your child to watch it whiz or chase it round the room and find it when it lands.
- Blow up the balloon, let your child hold it. Say 'Ready...Steady...Go!' and let go so that it deflates in their hands.

Make a bat or shoot some hoops!



- Use the long tubes inside a roll of kitchen towel or make simple paddle bats using the cardboard from an Amazon package. Allow your child to chase the balloon and try to hit or move it with their bat. Use your bat to pass the balloon to your child.
- Cut a circle in a large piece of cardboard and wedge it at your child's eye height. Off the side of a chair or with the edge trapped inside a drawer so the hoop hangs out over the floor.



Demonstrate putting the balloon through the hoop to your child and see if they can copy you.