



THE BALLOON GAME

WHAT YOU WILL NEED: A BALLOON

AIMED AT: KEY STAGE 1 AND 2

The teacher holds a balloon (NOT inflated), pointing out that it is pretty small with no air in it.

Can you make a tiny shape with your body like this tiny balloon?

Everyone, including the teacher, crouches low to the ground.

I'm going to blow air into this balloon. What will happen to it? That's right, it will get bigger. When this balloon gets bigger, can you grow bigger, too?

As you blow the balloon up, gradually grow bigger and bigger until you are standing as tall as you can with arms and legs outstretched.

What's going to happen when I let go of this balloon? It's going to go crazy! When I let go of this balloon, show me your craziest, spinning, jumping, flying dance moves! Then, let go of the balloon and go crazy!

The outcome is ideally to finish with the children doing the crazy flying dance moves.... however they may just chase the balloon around the room as it deflates - either way it definitely brings up the morale in the room!