

Participants use various body parts to keep a balloon in the air while moving.



Setup

- Each participant has a balloon.

Safety

- Spatial awareness.
- Balloons do pop and this sound can be a trigger for some participants.
- Participants will bump into each other, so be sure to encourage them to move with caution, keeping eyes alert.
- Latex allergies.

- Encourage participants to move around the space, not letting the balloon touch the floor.
- Prompt different movements:
 - Use only hands, knees, head, elbows, feet.
 - Keep the balloon above your head for as long as you can.
 - Play music and encourage participants to keep the balloon moving for the duration of a song.

Modifications

- Encourage participants to hop, skip, or jump around the plying area.
- Encourage participants to move forward and backward.