

Participants work in groups to run/walk and keep a balloon from touching the ground.



Setup

- Separate participants into groups based on people who run at a similar pace.
- Identify one person in each group to be the leader.
- Each group gets two balloons.

Safety

- Spatial awareness.
- Balloons pop and this sound can be a trigger for some participants.
- Latex allergies.

- The goal is to keep balloons from touching the ground as the groups run or walk the predetermined distance.
- The pace group leader takes the group on their route for the day.