

Participants work as a group to keep a balloon in the air.

## Setup

- Divide participants into small groups (three to four).
- Each group stands in a circle and gets a balloon.



## Safety

- Spatial awareness.
- Latex allergies.

- The goal is to keep the balloon in the air as long as possible.
- Participants can only smack the balloon with their hands; they can't hold it or use any other body part.

## Modifications

- Give each participant a pool noodle to use as smacking implement.
- Participants must jump as they smack the balloon.
- Replace balloon with beach ball or volleyball.
- Use different body parts.