

DL Kids – Balloon Games

You will need: Blown up Balloons

Keep it Up Challenges:

- Place several blown up balloons on the floor.
- When you shout 'go' let your child throw the balloons into the air and keep them from hitting the floor.
- Time this and see how long they can keep all the balloons up off the floor for. As soon as one touches the floor, the game is over. If this is taking a very long time add in balloons to make it more difficult.
- Stage 2 - Play the above games again, but every few seconds shout out a different body part. Your child is then only allowed to use this body part to keep the balloon up.
- Stage 3 - Give each of your children and adults a number from 1 up to the number of players you have. Using just one balloon this time, the players are to keep the balloon up, hitting it in numerical order.

Protect the Balloons:

- Organise yourself into two teams.
- Spread out equal numbers of 2 different coloured balloons.
- Give each team/person a colour (one of the balloon colours).
- When you shout 'go' the children run around the playing area.
- Children try to step on the opposing team's/persons balloons, attempting to pop them.
- First team/child to pop their opponent's balloons is the winner.

Balloon Volleyball:

- Mark out a small area this will be your 'pitch'. Create a divide using chairs.
- Two teams stand on opposite sides of the net.
- The children will aim to hit the balloon over the net to the opposing team.
- To score points the opponent will fail to return the balloon gaining the opposing team a point.

Balloon Burst:

- Each child/player to tie a balloon to their left leg.
- The children/player must try to burst the other player's balloons using their right legs.



Catch That Balloon:

- Organise the children/family into a circle.
- To start, throw a balloon in the air and call out a name.
- The player must try to catch the balloon before it hits the ground. Step it up by throwing two balloons and that player needs to catch both before they hit the floor.

Balloon Round Up:

- With the children/family in teams, scatter all balloons around the playing area.
- Give each team/player a base.
- One at a time the players must collect a balloon and return it back to their base.
- Once all the balloons have been collected, they count their balloons.
- When you shout 'steal', the players can 'steal' balloons from other teams. Note that you cannot prevent a player from taking one of their balloons. The team with the most balloons in their base at the end of the game wins.



Bubble Butt:

- When you say 'go' everyone must try and pop all the balloons, but they can only do this by sitting on them. Who can pop the most?

