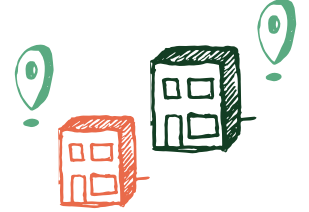




BALLOON VOLLEYBALL



A-Z



How long can you keep a balloon in the air?



HOW TO PLAY GET GOING!

- > You need to keep the balloon off the floor
- > Throw it in the air and use both hands to keep it up
- > How long can you keep a balloon in the air, so it doesn't hit the ground?
- > If you don't have a balloon, try a soft toy!

SUITABLE FOR: All ages
TAKES: 20-30 minutes



YOU WILL NEED:

- > Balloon or soft toy



SAFETY...

Be sure to move any furniture out of the way!



REMEMBER You can play this game on your own, in a group or even as a competition!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

Can you play this for 30 minutes instead of 20?

