



## Balloon fun

Resources: balloons, Hand pump (not essential), space & enthusiasm

- Practice blowing up a balloon. This is not easy so persevere and try at least 3 times before asking for help. If this is too challenging use the hand pump
- Let the air out of the balloon and follow it fly around the room. Can you catch it? Repeat this step as many times as you like
- Blow up a balloon and practice tying it up. If you need help ask an adult
- Around the world – hold the balloon in both hands and stretch. Can you sing heads shoulders knees and toes with the balloon? Try moving the balloon around your body starting at the head and go all the way down to the floor
- Throw the balloon up and catch it
- Balloon balance - Explore balancing your balloon on different parts of your body. Take it in turns. Can you balance the balloon on the same part of the body as your partner? Can your partner balance the balloon on the same part of the body as you?
- Keep it up – Can you keep the balloon up in the air? Try keeping the balloon up in the air with your partner, passing it back and forth
- To finish you choose. Explore different games with your balloon. Or repeat any of the exercises you have already done

If you have had, fun please feel free to take pictures and send them in to

[admin@thebrook.haringey.sch.uk](mailto:admin@thebrook.haringey.sch.uk) and with your permission, they will be uploaded to the school website to inspire everyone.

