

Balloon Volleyball



- Arrange everyone into a circle, alternating adults and children where possible
- Using an air inflated balloon (not helium), try to keep it in the air as long as you can
- Instead of being a competition to see who wins, this is a cooperative game that requires everyone to communicate and move to see how long they can keep playing
- Options to make the game more challenging could include having everyone stand on one leg, only use their head (works best with a highly inflated balloon), or hitting the balloon then calling the name of another player to be the next to hit

- Another type of balloon game is more competitive: playing volleyball with the balloon over a net or line on the floor
- Arrange equal teams on either side of the line/net and try to prevent the balloon from hitting the ground on the side you are standing on while trying to have the balloon hit the ground on the opposing teams side

- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching TV, etc.)

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
