



Balloon Juggle

Balloon Juggle is a fantastic activity for getting a group moving around and cooperating with each other.

The students are simply challenged to keep the balloons in the air. The teacher / facilitator can keep adding in more balloons to increase the difficulty. As more balloons are added, there will need to be more than 1 balloon per person, the group will need to increase the amount that they are talking to each other.

To make the exercise harder the teacher can place restrictions on the play. For example you cannot use your right hand.

If you have a larger group you could use two different colours of balloons for two different teams. This will make the challenge harder as the two groups mingle and get in each other's way.

Group Size: 10-15 for each team

Key Stages: KS1, KS2, KS3, KS4, KS5

Team Building Skills: Communication, Deciding Roles, Planning

Equipment: Lots of balloons. Two different colours if you wish to run two teams at once



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