

## ACTIVITIES USING BALLOONS

More ideas to keep your children busy indoors during this extended time at home.

Most of the following activity ideas are the result of an internet search. I will reference the source for each activity.

**Please do not use these activities if your child is putting everything in their mouth, or bite all objects. These activities should be done under adult supervision.**

### Catch a balloon in a funnel ([www.vanillajoy.com](http://www.vanillajoy.com))



#### You will need:

- An inflated balloon for each participant. Maybe you would like to join in the game as well. This will help your child to see what they have to do
- A funnel or paper cup each to catch the balloon

#### How to play:

- Use Heather's '*Ready, steady, go!*' phrase and throw the balloon(s) in the air. It would be helpful if you can show your child what s/he has to do
- If our child needs support, help them hand-over-hand to catch the balloon
- Every balloon caught can go in a box or a basket – when you play a group game
- If you have only one balloon and one child playing, keep on throwing the balloon in the air

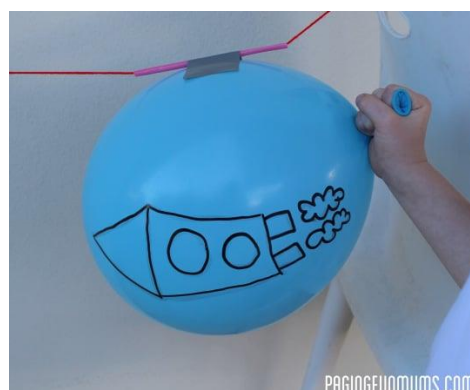
### Balloon rocket ([www.pagingfunmums.com](http://www.pagingfunmums.com))

#### You will need:

- A balloon
- Piece of string
- Drinking straw
- Marker pen or black felt tip pen

#### How to prepare:

- Inflate the balloon, but **do not tie**
- Draw a rocket with the marker pen or felt tip pen
- Attach a short length of a drinking straw with tape to the top of the balloon
- Deflate the balloon



#### How to play:

- Inflate the balloon
- Hold the end very tight
- Say '*Ready, steady, go!*'
- Release the balloon on '*Go!*'

- Put a piece of string through the straw and tie the ends to furniture or door handles (see image)

If your child is not able to do this on his/her own, s/he could always just hold on tight to the end of the inflated balloon and release when you say 'Go!' This is a fun activity as it makes a noise and it moves along the string.

## **Balloon Tennis**

For this activity, your child should be able to keep a balloon in the air and they should be able to aim the balloon at another person.

### How to play:

- Inflate a balloon
- Stand a short distance from each other
- Hit the balloon, aiming it at the partner
- Hit the balloon back
- See how long you can keep the game going

## **Squeezy balloons**

### You will need:

- Balloon
- Flour or cornflour
- A funnel, to add flour to the balloon, if you have one handy. You could also cut the bottom off a drinks bottle and use it as a funnel. Make sure it is dry before using it to fill the balloon

### How to make the balloon:

- Put the funnel into the 'mouth' of the balloon. When using a drinks bottle, put the 'mouth' of the balloon over the bottle opening
- Fill the balloon with flour or cornflour
- Add a tablespoon of water and mix the water in flour in the balloon by squeezing it. You can add more water if you want it to feel softer
- When you are happy with the consistency of the balloon, tie the end tightly
- You can draw a picture of a face on the balloon to make it more interesting
- You could also add other textures to the balloons, such as:
  - Shaving foam
  - Dry lentils
  - Cornflour
  - Rice

### How to use the balloon:

Your child can squeeze the balloon when watching television or when they become fidget.

**Use under supervision and don't allow your child to bring it near their mouth.  
Only to be used with children who won't bite the balloon.**

## **Balloon painting**

You will need:

- Inflated balloon
- Paper
- Paint
- Bowls
- Newspaper or table cloth

How to paint:

- Put different colour paints in bowls
- Line the table or floor with newspaper or a plastic table cloth
- Show your child how to dip the balloon in the paint and then make marks on the paper
- When finished, allow the 'paintings' to dry

## **Balloon boxing**

You will need:

- An balloon
- String
- Tape

How to play:

- Inflate the balloon
- Tie a string to the end
- Tape the string to a door frame
- Now hit the balloon with your hands

## **Crazy balloon**

You will need:

A balloon

How to play:

- Inflate the balloon
- Hold the 'mouth' of the balloon tight
- Release the balloon

These games allow for eye-hand co-ordination, movement, focus, team work, waiting, turn taking, and blowing, which is a '*heavy work*' activity.

The aim is to suggest some ideas to create regular movement breaks throughout the day and to reduce the time your children sit in front of the television or look at their tablets during the day.

Enjoy and stay safe.