

Follow the Balloon

Helps children focus more.

Helps make activities more engaging and exciting.

Equipment:

Balloon/tinfoil/play dough/anything that can be manipulated

- Children to mimic what you do with the balloon
- Stretch it from top to bottom – children to stretch up high on tiptoes
- Stretch it from side to side – children to stretch their arms and legs out to the side
- Scrunch into a ball – all to curl into a small ball
- Blow the balloon up – all to become as round and big as they can go
- Let the balloon go – all to run around like a wriggling balloon and then fall to the ground
- Repeat all the moves
- What else can you do?

Benefits

Can support skills, other areas of learning, topics, imagination, spatial awareness, concentration, listening.