



GAME

BOOM BOOM BALLOON

WHAT IT DOES

BALLOONS ARE A GREAT WAY TO INTRODUCE TRACKING AND CATCHING SKILLS IN YOUNG KIDS. THEY ARE ALSO PERFECT FOR DEVELOPING CO-ORDINATION AND AWARENESS OF BODY PARTS!

WHAT YOU NEED

4 BALLOONS OF DIFFERENT COLOURS AND A REEL OF STRING.

WE MADE THIS GAME MORE FUN BY POPPING A SMALL HANDFUL OF RICE INSIDE THE BALLOONS, HENCE "BOOM BOOM BALLOONS"! BE WARNED THOUGH, IT ALSO MAKES THE BALLOONS FALL FASTER!

HOW TO PLAY

Start off with one balloon. Parent taps it in to the air and child catches with both hands. Swap roles Easy? Not for long!

TRY THIS

From a sitting start but catch it while you are standing up. Or from a lying down start...even trickier.

When the child is confident at tracking and catching, try tapping 2 balloons in the air and keeping them off the ground using:

- hands only
- feet only
- right or left hand only
- right or left foot only
- hands and feet
- any body part, heads, elbows, knees!!!

Add 1 more balloon whenever child is ready to be challenged further.



Tap 2 balloons in the air and call out which colour to catch. Child should start quite close to you to begin with and gradually move further away. Encourage the child to use a cone (or similar) to mark their starting point. That way they can see how far they have run to catch the balloon and can also challenge themselves to run further next time.

This became an extremely competitive game in our house and brought in an interesting side-effect...the diving catch!! Make sure you swap roles!

Tip: Blow the balloons up to different sizes. The smaller balloons fall more quickly than the larger ones and this will further test speed of reactions! This is really an indoor game but if you want to play it outside, just tie a length of string to the the balloon (about 1m long) with a small loop at the end so that it's easy to hold on to.