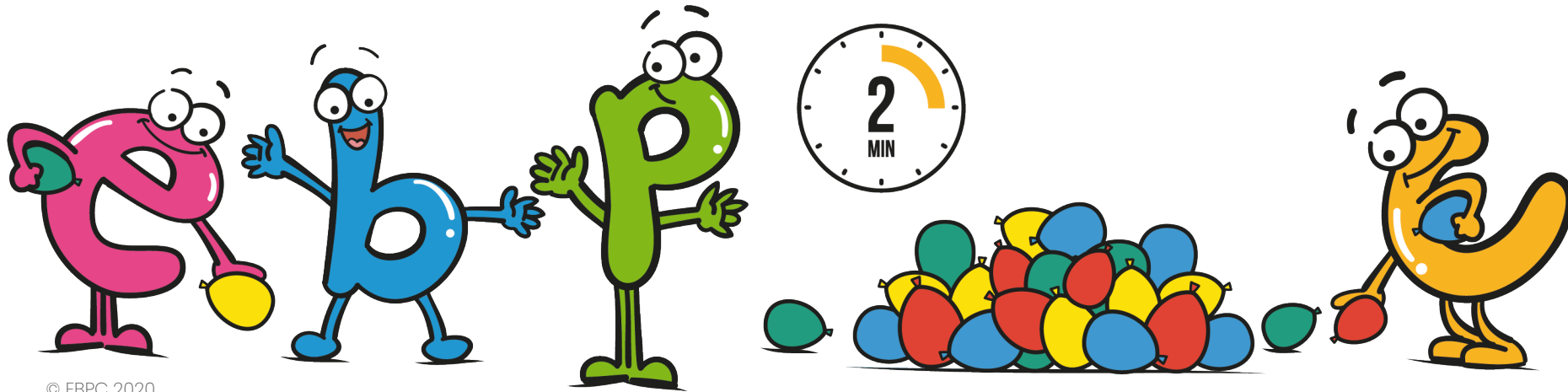


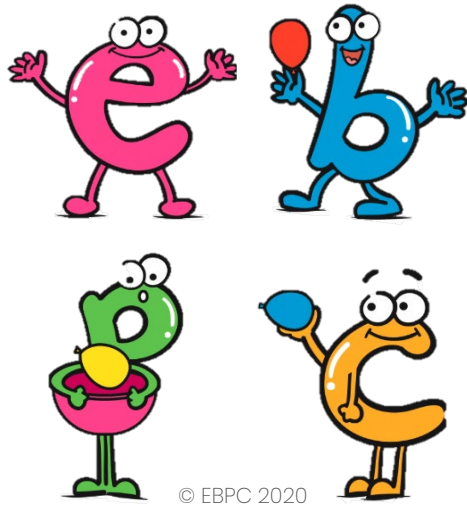
# Indoor Balloon Games

A mini play guide for educational activities with balloons



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# STUCK AT HOME WITH YOUNG KIDS BECAUSE OF THE CORONAVIRUS?



## Use our mini play guide to keep your children learning, active and entertained with balloons!

As schools and workplaces close due to the coronavirus pandemic, many parents are now faced with the challenge of keeping their children healthy, active and entertained while learning – all this without relying only on screen time.

Whether you have a garden or not, and with Government advice to not go outdoors unless necessary, there are plenty of indoor play options you can try with your children using balloons – all you need is balloons and a few well-chosen materials.

We know how much children love balloons, so why not use them creatively? Did you know that playing with balloons can be a great way to increase physical activity? In addition, recent research has demonstrated that balloon play has a variety of benefits for cognitive, social and emotional development for pre-schoolers. (the full report can be found [here](#)) On top of that, balloons can keep you entertained in different ways for hours of fun, free play!

Here's some ideas by Dr. Amanda Gummer, Founder & CEO of the Good Play Guide. These games are quick to set up, easy to adjust and, of course, you can get the whole family involved.

ALWAYS BE SURE TO FOLLOW THE [EBPC CODE OF BEST PRACTICE FOR BALLOONS](#).

## SAFE BALLOON PRACTICES



For more information please visit - <https://www.partysafe.eu/balloons>

# CATCH-IT!

1

Give everyone something to catch the balloons, such as a washing up bowl, bucket, etc.

2

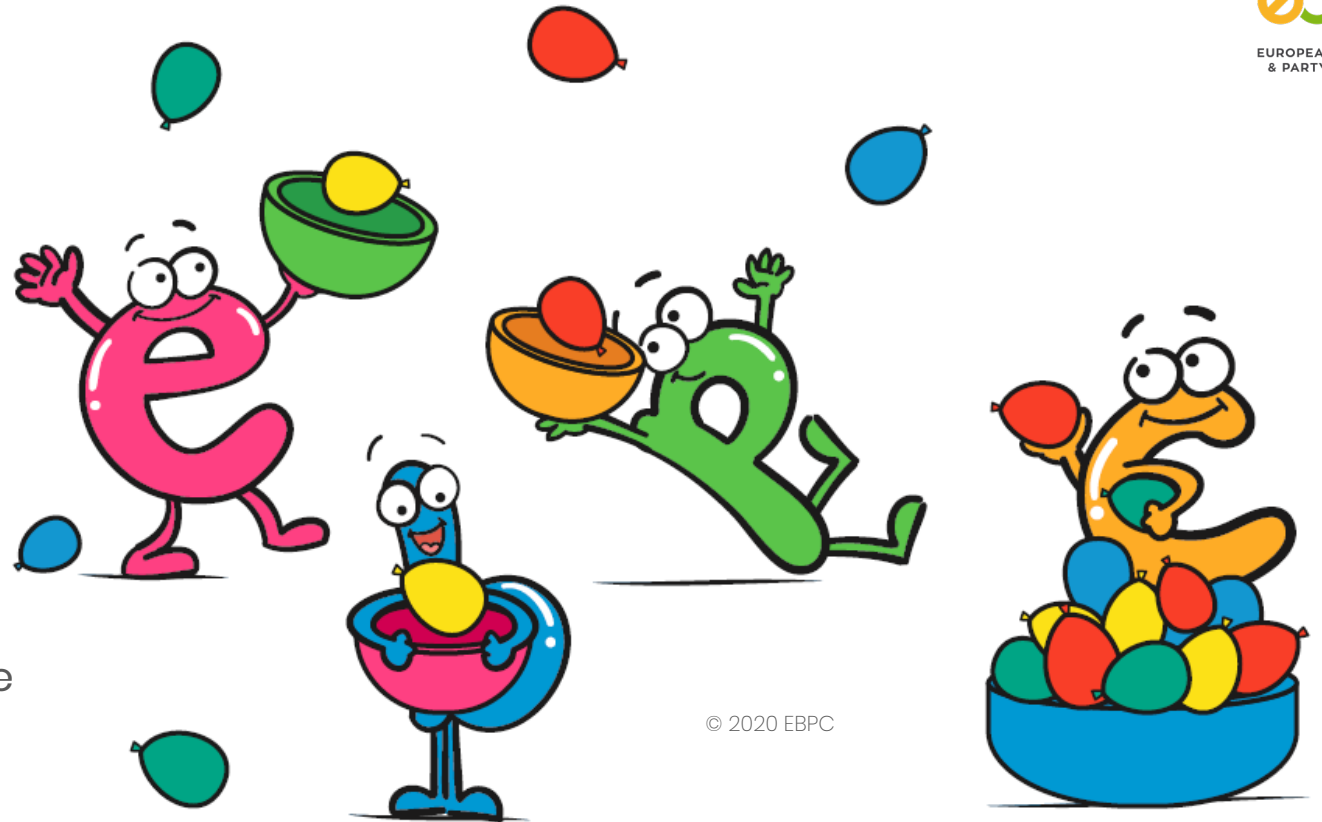
Inflate the balloons to different sizes, some large and some small.

3

Throw them into the air.

4

See if the children can catch the balloons.



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# BALLOON PENGUIN WALKING

1

Inflate a balloon.

2

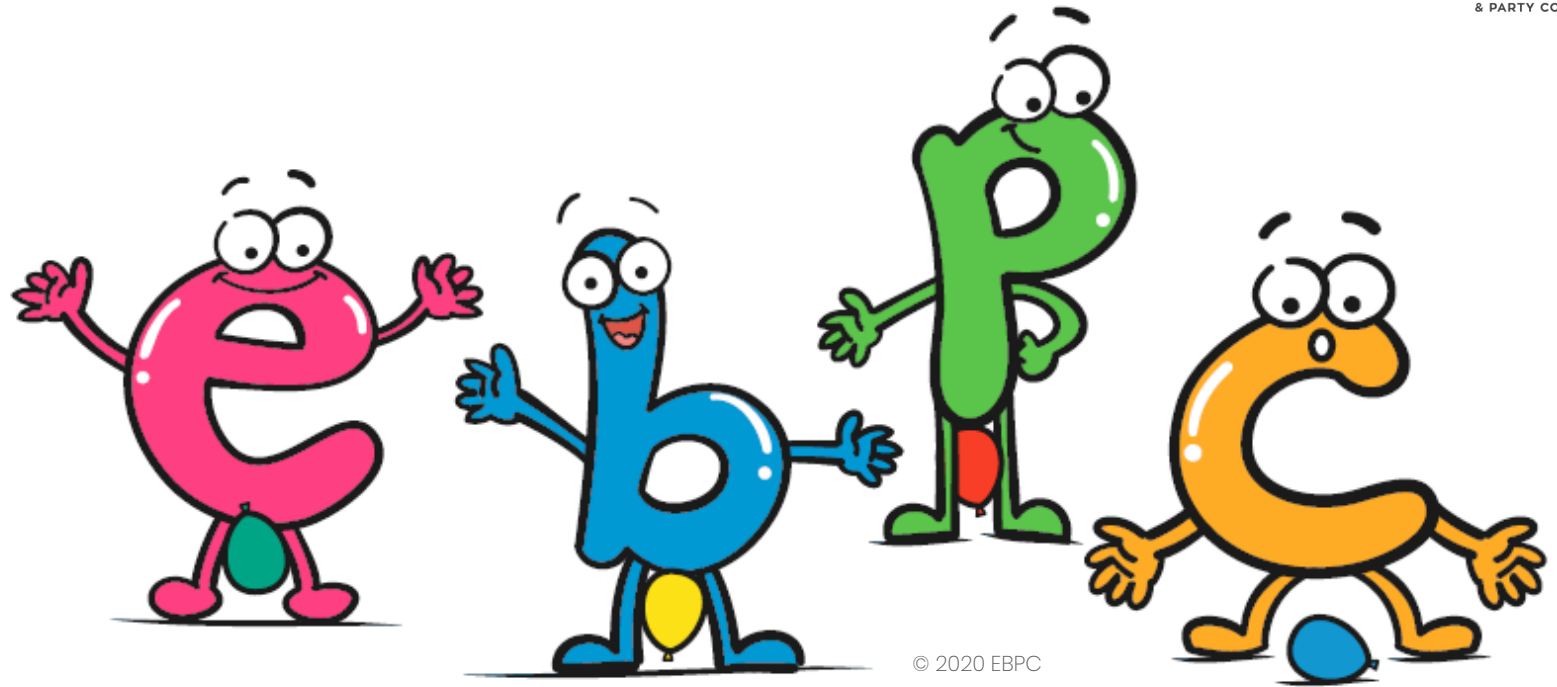
Place the balloon in-between your legs.

3

See if you can make it to the other side of the room without dropping the balloon.

4

Race each other to see who can make it across the room the fastest.



# BALLOON RACES

1

Inflate some balloons.

2

Line the children up in a horizontal line, on their hands and knees.

3

Give them a balloon each.

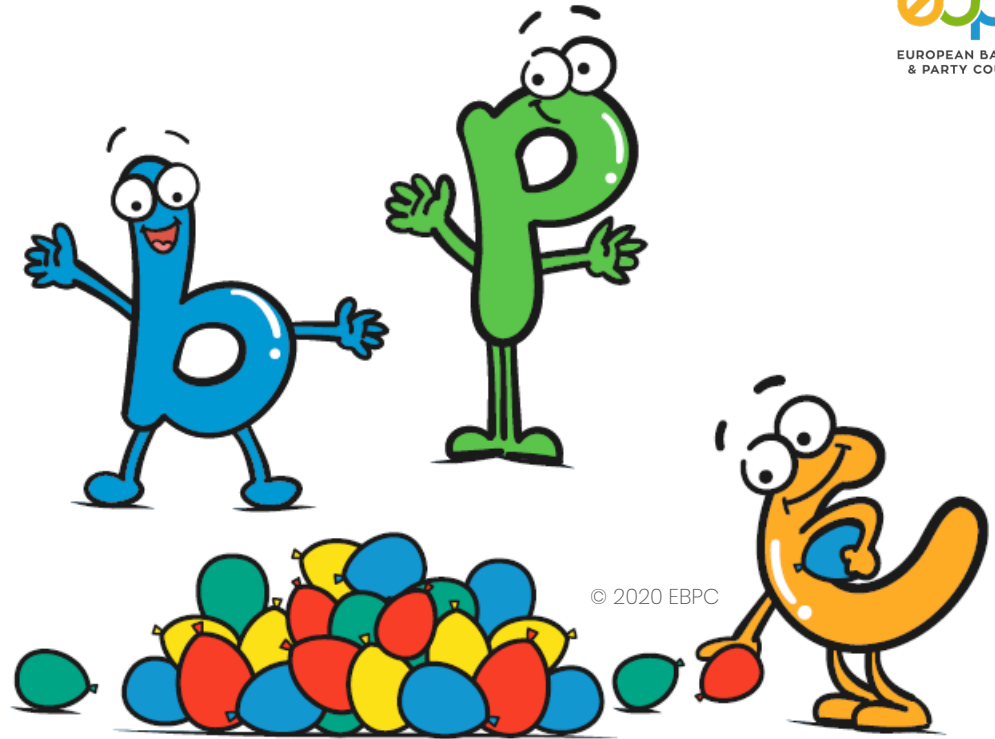
4

Get them to race with their balloon to the other side of the room by blowing on it along the floor.



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# HUNGRY HUNGRY CHILDREN



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1

Inflate lots of balloons.

2

Place them in the middle of the room.

3

Set a timer for two minutes.

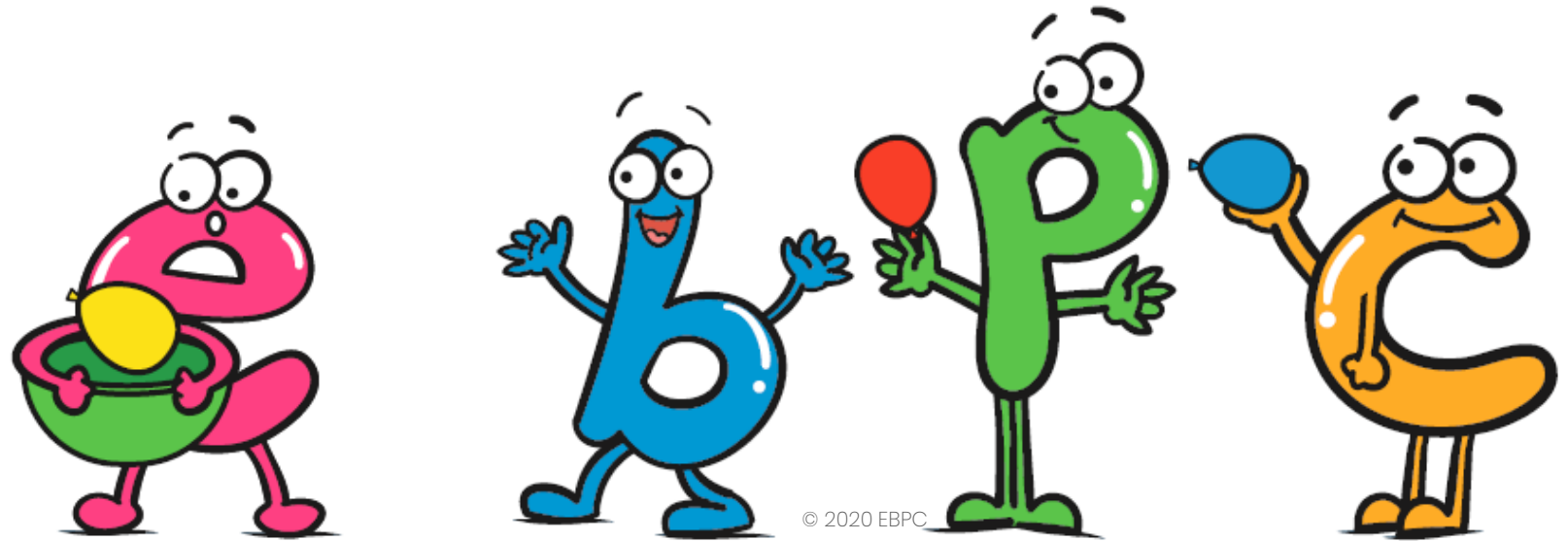
4

Once the timer starts, everyone races to collect as many balloons as they can.

5

After the two minutes is up, see who has the most balloons.

# BASKETBALLOON



1

Ask an adult hold a up a hula hoop or laundry basket.

2

Challenge the children to throw balloons into them, scoring points every time they manage it.

3

Make it harder by holding the goal higher up or becoming a moving target!

## NUMBER BALLOONS (MATHS)



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1

Inflate some balloons.

2

Write a number on each one – you can use different numbers depending on the ages of your children.

3

Get each child to hold a balloon.

4

Call out statements to the children – e. g., “stand up if your number is greater than five” or “if you are older than your number then jump up and down”.

5

You could also get children to throw the balloons in the air, catch them and race against a timer to line up in order from the lowest to highest number.



## STORYTELLING BALLOON (ENGLISH)



1

Inflate a balloon.

2

Write 10-15 random words on the balloon  
(make sure the pen won't rub off).

3

Sit on the floor.

4

Ask a child to throw the  
balloon into the air.

5

When the balloon lands, the child catches it and  
reads whatever word is closest to them.

6

Using that word, you make up a part of a story.

7

Give the balloon to the next person  
and get them to do the same.

8

Continue this until the story  
reaches a conclusion.

## PLAYING WITH STATIC (SCIENCE)

1

Inflate a balloon.

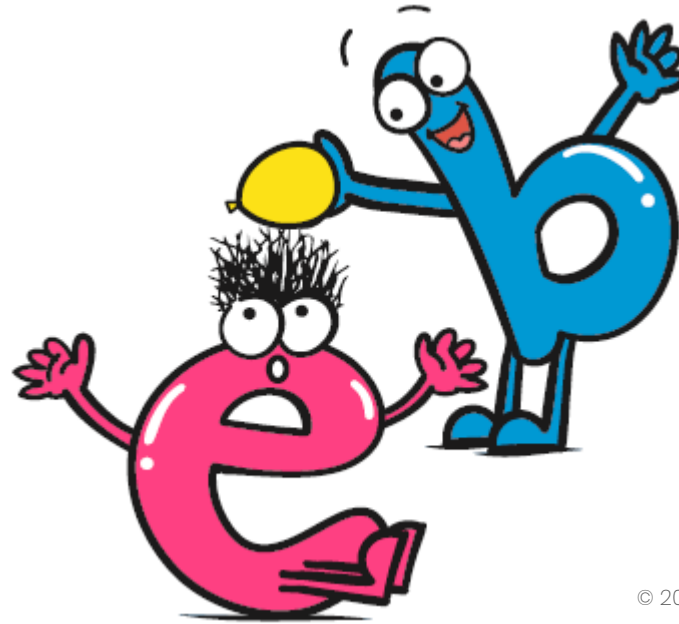
2

Rub the balloon onto your head or t-shirt to create friction.

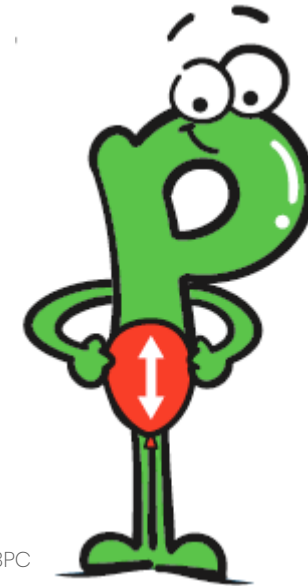
3

Get your child to carry out a few experiments:

- ☐ Hold the balloon over their hair and their hair will stand up;
- ☐ Run a tap and hold the balloon close to it but not touching (this will then make the water bend);
- ☐ Try sticking it to the wall or ceiling;
- ☐ Try picking up small pieces of ripped tissue paper.



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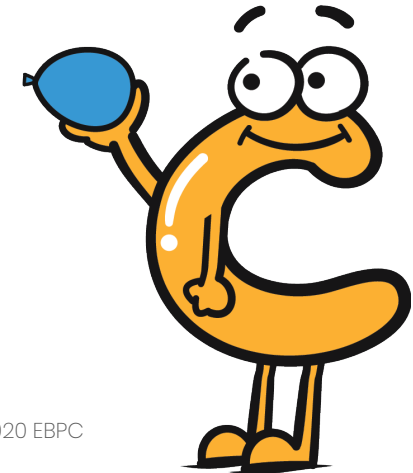
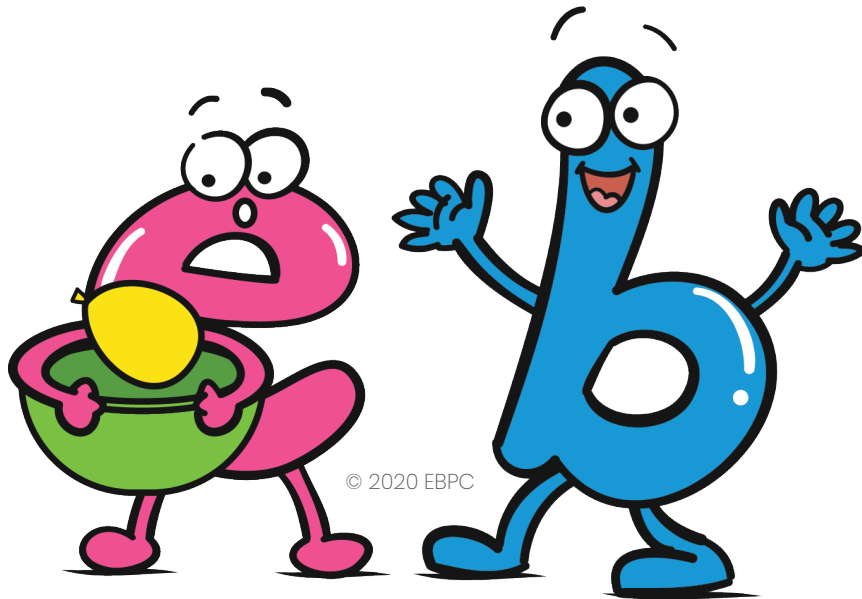
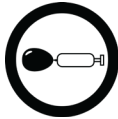


## We love the environment too!

Inflate balloons with a pump, not mouth

Don't let go, please dispose of responsibly

Please use balloons responsibly and follow the recommended instructions



## WANT TO KNOW MORE?

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[www.partysafe.eu](http://www.partysafe.eu)

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