

## Balloon Games - Juegos de globos

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**Penguin Waddle:** Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start.



**Balloon Blow:** Set up a "course" and see if your child can blow a balloon all the way to the finish line. They'll have to do lots of army crawls working their upper body and core strength along the way.



**Balloon Taps:** Hang a balloon by a string from your doorway so it is a few inches higher than your child's arm reach. Then challenge them to try and tap it with their hand. Count how many they can do in a row without missing (this gets tiring very quickly!). Up the ante by seeing if they can jump and touch the balloon with the top of their head!



**Backhand Balloon Balance:** Challenge your kids to balance a balloon on the back of their hand, and see how long they can do it before it falls to the ground. You'd be surprised how much they will move around with this one!

**Balloon Paddle Ball:** Use a fly swatter, tennis/badminton racket or [make your own paddle](#) using a paper plate and over-sized popsicle stick (or [use a paint stir stick](#) or [plastic spoon](#)), then use it to play the games above.

These paddles are also fun for balancing your balloon. Have your kids try to keep their balloon on the paddle as they navigate through obstacles or run around the house. Not as easy as it sounds!

**Balloon Foot Balance:** For a real challenge, have your kids lie on the ground with their legs up in the air and try and balance the balloon on their feet. It's not an easy task and requires a lot of concentration. It's also a great core workout!