



Family Activities

May Week 4: Balloon Gumball

Equipment

6-10 balloons

Permanent marker



- Set Up** Write a number on each balloon. For younger children, use #1-5. For older children, use bigger numbers. Spread balloons around the play space.
- Let's Play!** Children go to a balloon, pick it up, name the number, and see if they can hit it in the air that number of times without it falling to the ground. Then, move on to the next balloon.
- Change Up** For older kids, see if they can use their non-dominant hand. Or, pick up two balloons and add the numbers together, hitting a balloon that number of times. For very young children, just trying to hit the balloon is enough.



Family Activities

May Week 4: Balloon Walleyball

Equipment

One balloon per child

A blank, smooth wall for hitting the balloons on



- Set Up** Clear the space of obstacles and the wall of artwork
- Let's Play!** Give each child a balloon to try to hit against the wall and then catch. Experiment with force – hitting harder and softer. Stand closer and farther away.
- Change Up** For older children, have them try hitting the balloon with different body parts – head, elbow, knee. Or, see how many times they can hit it back and forth against the wall before it falls to the ground rather than catching it. For younger children, have them hit it against the wall and then chase it.