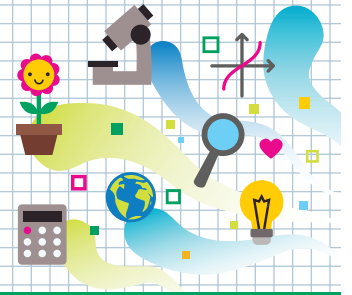




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Balloon Dance Instructions for Set-Up



Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 5-10 round balloons
- Music (optional)
- Display table

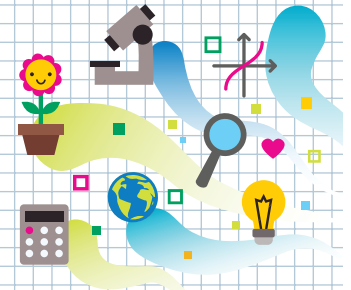
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Blow up and knot the balloons.
- ▶ If you supply music, set up whatever you use to provide it (such as a computer).
- ▶ Set up the display table with necessary supplies.





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Balloon Dance Guide for Families

Learning Objectives

What you need to know:

Movement is important for everyone. Being physically active not only burns calories, but also helps to boost imagination, social skills, brain function and coordination. Families can be creative with the way they move and have fun with their kids. Balloons are a great tool to encourage movement for the entire family!

What you will do and learn:

You will use balloons and dance to see how easy and fun movement can be for the entire family.

Instructions

1. Take two balloons.
2. The goal is to not let either of the balloons touch the floor.
3. Toss the balloons in the air.
4. Move around beneath the balloons keeping them in the air.
5. Adults can join you in the activity. They can use your balloons and work as a team or use their own balloons.
6. Try these suggestions for movements: dance, stay in one place, alternate using hands to keep the balloons in the air and other ideas.
7. Additional suggestions: Add balloons to create more of a challenge, or use one balloon to make it easier.
8. If music is provided, dance to the various types of music that is played without letting the balloons touch the floor.