

# Staying Active - Play



Balloons can be a fantastic resource at home. Try some of these activities and games and enjoy playing them with your family.

Using paper plates and lolly-pop sticks, create tennis racquets. Blow up a balloon and play a game of indoor tennis, hitting the balloon back and forth with the plate racquets.



Fill each of the balloons with a filler e.g. popcorn seeds, gel, sand, rice, flour, marbles. The best way I have found is to blow the balloon up first and let the air out. Insert the end of a funnel into the top of the balloon and place the filler in the funnel. Let the students put their hands on and feel them. Talk about what it feels like and what sounds it makes (if any). Let the whole family have

Table Tennis

Squish

A classic balloon game perfect for indoors for one or more students, with the aim to simply keep the balloon in the air and not let it touch the ground.

Keep it up!



Sensory

Squeeze



simple sensory

Texture Balloons

fun squishing, squeezing and smashing their sensory balloons!



Water balloons

Painting



Fill some balloons with a small amount of water and tie a knot. This small amount of water and air in them, helps make them float in the bath/water. Students can enjoy squeezing them, twisting them into shapes and slipping them through their hands.

For some more sensory fun, get out the student-friendly paints and some sheets of paper. Partly blow up a few balloons and use the balloons to create a painting, dipping the balloons in the paint and using them to make circular shapes in different colours.