

Get up &
go!

How to play

This game can be played indoors or outdoors.

You can play by yourself or with a group.

Gather all the players in a circle and hold hands. When everyone is ready throw the balloon up in the air.

You must keep the balloon up in the air while still holding hands with the other players.

You can use your feet, head, chest, elbows and the back of your hands. Don't let the balloon drop on the ground.

Time how long you can keep the balloon up in the air. Repeat and try to beat your best time.

Equipment

A balloon

Group games and activities can only be played with people you live with.
Follow current Coronavirus guidelines at all times.

Balloon Keepie-uppy