

Pass the Balloon

Give each group a large balloon, one balloon for every five or six kids. When the whistle blows, start passing the balloon around the group. When the whistle blows again, whoever is holding the balloon gets a penalty. Each person should keep track of their own penalties (see below). Vary the time between whistles to add tension and excitement.

- First penalty: you must stand up and sit down before you can pass the balloon.
- Second penalty: you must stand up and turn around before you can pass the balloon.
- Third penalty: you must stand up, turn around, laugh like a hyena, flap your arms like a bird, and sit down before you can pass the balloon.

