

Parent-child Physical Games

Game 4

Keep the Balloon up



How to Play

- 1 The parent tosses a balloon in the air
- 2 The child has to keep the balloon afloat by gently tapping it up with any of their body parts



Objectives

- 1 To improve eye-hand co-ordination
- 2 To perform whole body exercise

Modifications

Gently tap a balloon with other objects

Equipment

Balloon(s)