

Cloud Bounce Activity

Gentle physical warm up – an activity for individuals

WHAT YOU WILL NEED: A white balloon

METHOD:

Show an inflated white balloon to your partner - say that you have specially chosen a white balloon because it reminds you of clouds.

Ideas that you could try:

Explain that you are going to pass the balloon back and forth accompanied by a piece of music – “Raindrops Keep Falling On My Head” is an ideal piece of music!

Put on the music without further explanation and give it a go!

- Work together to try different ways of passing the balloon.
- Seeing how high in the air you can get the balloon to go.
- Bouncing the balloon from person to person on one finger.
- Passing the balloon for as long as you can without it touching the floor / table.
- Bouncing the balloon off your head.
- Bouncing the balloon off any part of your body except your hand.

