

Balloon Blast

Impact:	Promotes team building through silly, simple fun
Risk:	Medium
Group Size:	Unlimited
Time Required:	15 to 20 minutes
Materials:	Different colored balloons, one per player, plus some extras

Directions:

- Draw a starting line and a finish line about 50 feet apart. Participants blow up their balloons but do not tie them off. Instead, they hold the neck of the balloon so that no air escapes. Participants then find others who have the same color balloon and stand together in color teams.
- One participant from each team approaches the starting line and releases his or her balloon in the direction of the finish line. As the balloon lands, another person from the same color team runs with his or her own filled balloon to the spot where the team member's balloon fell. The new person then releases his or her own balloon in the direction of the finish line.
- This process continues until everyone has released balloons. The team who gets closest to the finish line wins.

Hint: Don't do this activity on a really windy day. If you decide to do it anyway, have participants release balloons downwind.

Discussion:

- Which team "won" and why?
- Was there a technique that worked the best?
- How did you encourage your teammates to get their balloon to travel as far as possible? How did you feel when you had no control over your balloon?

Options:

- Try playing this game without teams. Everyone gets a balloon and stands at the starting line. People blow, release, pick up, and blow, release, pick up—all the while trying to head toward the finish line. The first person whose balloon crosses the line is the champion.
- Play as a team, then as individuals. Compare which method moves the balloon farthest and fastest.