

Balloon Body Juggling

Impact:	Challenges a group to practice team building through laughter and competition
Risk:	Low
Group Size:	Unlimited, but divide into groups of 4 to 6
Time Required:	5 to 20 minutes
Materials:	A balloon for each team; have some extras handy!

Directions:

- Blow up one balloon for each team. Each team joins hands and forms a circle. Throw a balloon into each circle. Each group then tries to keep its balloon in the air using any body parts it can. The group can use hands, but they must remain clasped.
- When the balloon first touches the floor, the team members lose the use of their hands. The person who "missed" the ball picks it up and throws it into the circle and quickly rejoins hands with their teammates. Each time a balloon falls to the floor, another body part (head, then shoulders, elbows, chest, knees, etc., all the way down the body) is eliminated as a way to strike the balloon. When a team is no longer able to use feet, it must start the game over.

Caution: To avoid shin bruises, caution groups not to stand too close together if they are using their legs to kick the balloons.

Discussion:

- How many times was your group able to hit the balloon?
- What kind of communication did you use with team members while playing the game?
- Was there a designated leader? If so, who was it, and how did he or she become the leader?

Options:

- Players sit on the floor while trying to keep the balloons aloft.
- Players use their breath, not their bodies, to keep the balloons aloft.
- A team leader calls out different body parts that can be used, such as "heads only" or "knees only."
- Group members hit the balloon in a clockwise direction, without going out of order.
- Divide into teams of 10 and designate one runner per team. Each team tries to hit the balloon 10 times, and then the runner continues to keep the balloon in the air as he or she brings it to another nearby group. The group receiving this balloon must hit it 10 times while continuing to hit its original balloon 10 times. Add balloons as the teams become more proficient.