



7 Balloon Olympic Sports

Balloon Volleyball

Materials Needed:

- Painter's Tape
- Ribbon
- Balloon

Activity Instructions:

Secure a long piece ribbon across a room for a net. Divide the players into two teams on either side of the string. One team serves by hitting the balloon over the string and the other team must return the balloon without allowing it to fall to the ground. When the balloon is no returned, the other team scores a point. First team to reach 10 points wins.

Balloon Tennis

Materials Needed:

- Painter's Tape
- Ribbon
- Balloon
- 2 Paper Plates
- 2 Paper Wooden Spoons

Activity Instructions:

Secure a long piece ribbon across a room for a net. Attach paper plates to the wooden spoons with tape, to use as rackets. Divide the players into two teams on either side of the ribbon. One team serves by hitting the balloon over the string using the racket. The other team must return the balloon without allowing it to fall to the ground. When the balloon is not returned, the other team scores a point. First team to reach 10 points wins.

Balloon Hockey

Materials Needed:

- Balloons
- Wrapping Paper Tube
- Hamper/Cones

Activity Instructions:

Blow up all the balloons. Use a hamper or cones to make a goal on each side of the room. Split the kids into two teams.

Wrap the wrapping paper tube in duct tape to make it sturdy. If you don't have a wrapping paper tube, you can tape multiple toilet paper tubes or paper towel tubes together to create a stick.

Give each person a stick. Each team has to try to score goals by hitting the balloons into the opposing team's goal.

Tips

- If this game ends up being a bit too frantic with everyone piling in to hit the balloon puck, create zones on the floor using masking tape. Allocate a player from each team to each zone – they're not allowed to step outside that zone, although they are allowed to reach into a neighboring zone with their long balloon to try to help a teammate.

Balloon Basketball

Materials Needed:

- Balloons
- Giant Reusable bag

Activity Instructions:

Hang the reusable bag on a door handle or on top of a door. Have the kids try making their balloon basketball into the basket. See how many times they can score.

Balloon Baseball

Materials Needed:

- Balloons
- Wrapping Paper Tube
- Duct Tape

Activity Instructions:

Wrap the wrapping paper tube in duct tape to make it sturdy. If you don't have a wrapping paper tube, you can tape multiple toilet paper tubes or paper towel tubes together to create a bat. Blow up the balloons. Play ball!

Balloon Golf

Materials Needed:

- Balloons
- Wrapping Paper Tube
- Duct Tape
- Hula Hoop

Activity Instructions:

Blow up multiple balloons for this game. Set out hula hoops around the house. Using the balloon baseball bat, hit the balloon across the floor as close as possible to the hula hoops. If your child does not want to count the number of strokes it takes to get to the hula hoop, you can make this game a fun competition to see how long it takes for the child to get all the balloons into a hole.

Balloon Relay

Materials Needed:

- 10 or more Balloons
- 2 Baskets

Activity Instructions:

Blow up multiple balloons for this game. Hide the balloons around the house. On your mark, have the child grab one balloon and run to bring the balloons back to the basket. Time them to see how fast they can collect all the balloons.