

## **Balloon Stuff in Sweats**

For this activity you need balloons (not inflated), two oversized pairs of sweat pants, two oversized sweatshirts and one needle. Break into two teams. Each team has two minutes to inflate and pass the balloons to a teammate who is wearing the oversized sweat pants and sweatshirt. This person stuffs the balloons into the oversized sweats. When the two minutes is up, a leader counts the balloons by popping them with a needle (carefully!) while the person is still “wearing” them. The team who is wearing the most balloons wins.



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