

Balloon Bust

Divide into two groups.

Form two lines.

Each person gets a balloon that's inflated.

The first person in each line is given instructions on what to do with their balloon (ex: dribble balloon to wall and back, kick ballon, balance baloon on foot, etc.).

Once they have completed the task, they return to their starting point at the front of the line and sit on their balloon until it pops. Only after it pops can the second person in line begin the assigned task that was given.

Again, after they've completed the task, they return to their place in the line, and sit on their balloon until it pops.

The first team to pop all its balloons, wins.



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