



Movement Mondays:

Balloon Race



Karina, *Illumination*, Photography, 2020

Balloons are fun interactive decorations that are usually used in celebrations. They are inflated with air to create its shape. Balloons come in many different colors, shapes and sizes. Be creative and use balloons in different ways!

In this Movement Monday Activity, use tape and balloons to create a racing game to play with friends or family.

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Supplies

Balloons and tape.

Instructions

Step 1: Decide where in your house or backyard you would like to set up the obstacle course. Gather the supplies: balloons and tape.

Step 2: With the help of a parent or guardian, start filling up the balloons with air by blowing into the balloon (1-2 balloons per person that will participate in the race).

Step 3: Once the balloons are filled with air, start to plan out the obstacle course with the tape. You can map out a simple start and finish line at the end and beginning of a straight track or you can add some curves to the race track.

Step 4: After mapping out the race track lines, grab the balloons and put them between your legs. Ready, set go!. Try running while keeping the balloon between your legs. When you are racing make sure not to drop the balloon; if you do you will have to go back to the start line.

Step 5 (Optional): Challenge friends or family to a race with you. Have fun and take pictures to share!