

BALLOON FRANTICS

Materials: Two to three inflated balloons per person
a stopwatch.

Directions:

Each person has a balloon, with the rest in a nearby pile. Everyone begins bouncing their balloons in the air. Every five seconds, another balloon is added. See how long the group can keep the balloons bouncing before receiving six penalties. A penalty is announced loudly (to create stress!) by the leader when a balloon hits the floor, or once on the floor, if it is not got back into play within five seconds. The leader keeps a cumulative score by shouting out "one", "two", etc. When the leader gets to "six", time is stopped. After some discussion, the group tries to better its record with another attempt.