

## **Members of the Body Balloon Race**

**Materials: 2-3 balloons per team (for running multiple times; each race requires one balloon per team.)**

**Setup: Place a chair at one end of the room across from where the teams will begin the race.**

**Directions:**

**Teams are divided into groups of five.**

**Teams will have 2 minutes to decide which of the members will do the following.....**

- 1) Member 1 will blow up the balloon (must be 2/3 full)  
(\*NOTE: Member 1 cannot touch the balloons with his/her hands. Member 1 can ONLY BLOW.)**
- 2) Member 2 will hold the balloon steady while Member 1 inflates the balloon.**
- 3) Member 3 then takes the balloon and holds it behind their back next to their derriere.**
- 4) Members 4 and 5 carry Member 3 to the chair at the end of the room.**
- 5) Members 4 and 5 will 'carefully seat' Member 3 on the chair so as to pop the balloon.**

**THERE WILL BE A STOP-WATCH GOING and YOUR TIME WILL BE ANNOUNCED to MEMBER 1. Only he/she will know the outcome and may STRATEGICALLY REALIGN your team for a MORE SUCCESSFUL OUTCOME.**

**Option: If the noise from popping balloons is annoying to any of the players, substitute having Member 3 drop the balloon into a box/trash can, etc.**