

BALLOON DANCE

THINGS YOU'LL NEED

- Balloon
- Space
- Music

INSTRUCTIONS

- Give the student a balloon.
- Once they begin dancing, they juggle the balloon.
- Tell them that the balloon they are holding should not fall down.
- The one who dances with the balloon for the longest time wins the game.
- To increase the complexity, you can ask them not to use palms.

The balloon dance is a great dance game where balloons can easily be used as props. This dance is an activity for hand and leg coordination.



I JUST LOVE
TO DANCE.

FUTURE
DANCER