



Balloon Dancing - All grade levels and abilities

Needed materials: balloons, music, and space.

Instructions: Spread the students out to make sure they have enough space around each other. Each student will have one balloon. When the music starts, the students can throw up the balloons and try to keep them from falling. When the chorus of the song comes, everyone must catch and hold their balloon and dance.

The students can either dance freely, or they can do creative movement together. For the creative movement, the instructor should teach the students any set of steps (either exercise, or simple dance movements like clapping hands, kicking feet, sliding, hopping, etc.) before the activity.

Be sure to let the students know this should be done **ONLY** during the chorus or specified part of the song the instructor has chosen. Once that part of the song is over, the students can go back to throwing up and catching their balloons.