



Balloon Bat

Description

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Help your students take responsibility for their actions while playing a fun balloon game.

Supplies

- One balloon
- Paper plate for each student
- Timer

How to Play

- 1. Have students stand in a circle.
- 2. Tell the students that the goal is to keep the balloon in the air for as long as possible.
- 3. Students must plant their feet in place and not move them. They must use their paper plate to bat the balloon around the circle.
- 4. If the balloon hits the ground or if a student moves their feet, the leader stops the timer and announces the time to the group.
- 5. Pass out one paper plate to each student. Once students are ready, toss the balloon into the circle, and start the timer.
- 6. Challenge students to beat their time each round that is played.

Activity Prompts for Reflection

- Can anyone share a positive choice they made during today's activity?
- Can someone share a negative choice they made during today's activity?
- Was there anything that you would change if we did this activity again?



• Can someone share a positive decision they made this week?

Other Ways to Play

- To make the activity easier, give each student two plates to use as bats.
- If students are having a hard time standing in one place, this activity can be done sitting in chairs
 or sitting on the floor.
- Challenge them by adding more than one balloon into the circle.
- Make it more difficult by having them stand on one leg in the circle.

Additional Notes

- Use the SEL Activity Prompts to tie other SEL competencies to this activity.
- Blow balloons up ahead of time so students are not having to wait. Make sure to have extra balloons in case a balloon pops.

Category

- 1. Activities
- 2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 20 minutes

Themes

1. General