



Keep It Up

Description

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Students practice controlling themselves while keeping a balloon up in the air.

Supplies

- Balloon

How to Play

1. Have students sit in a tight circle on the ground.
2. Tell the students the goal is to keep the balloon in the air for as long as possible, with one caveat: no student is allowed to get out of their seat within the circle.
3. Tell the students they will keep track of the number of times the balloon is hit in order to keep it in the air. The goal is to try to hit the balloon as many times as possible and keep it from touching the ground.
4. If the balloon touches the ground, or if a student stands up/moves from their spot, the group must start over—counting from 1.
5. This can continue for many rounds or until the time is up. Each round, the group should try to get to a higher number than the previous round.

Activity Prompts for Reflection

- Was there a time that was difficult to follow the rules or keep count? Why or why not?
- What could have been a negative result of losing control during this activity?
- Does anyone have anything they do to help them remain in control at school? At home?
- What were some ways you controlled what you said during this activity?

Other Ways to Play

- Show them how to use imaginary glue to glue their bottoms to the floor to help remind them to stay seated and in control during the game.
- Instead of counting the times the balloon gets hit in the air, have students practice their ABCs and see how far in the alphabet they can get.
- Have students stand and spread out more. They must keep one foot glued down but the other one can move around, similar to a pivot.
- Have students practice skip counting by counting by 2s , 3s, 5s, 10s, etc. for the different rounds.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If you have a large group, you can split them into smaller groups. Each group needs a balloon and you can challenge them to see which group can stay in control and keep the balloon in the air the longest.
- Support your group by making sure you are fair and consistent for the group. If any student gets up or the balloon touches the ground, the group must start over.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 20 minutes

Themes

1. General