



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