

PUT YOUR BODY AND MIND IN MOTION AND ON TRACK TO RELAX

It feels good to move *and* rest. Put the activities below to the test!

Balloon Volleyball

Try keeping the balloon from falling to the ground!

- 1 Make a center line as a net using string, a chair or anything you can find.
- 2 Play! Try to keep the balloon (or ball) going back and forth in the air for 21 turns.

HINT

Using a beach ball instead of a balloon is also a fun way to play this game.

