

# Balloon Dance

This is a great activity for the whole family to have fun with and keep fit.

## Materials:

- Balloons
- Music
- Body part cards (optional, find attached)
- Envelope to put body part cards in.

## Instructions:

- Put on your favorite music on to dance to.
- One person to take a body part card out of the envelope. Everyone tries and keeps the balloon in the air using only that body part.
- Change the music, change the body part. How about trying these body parts to keep your balloon in the air; head, hand, feet, elbows, nose, tummy.



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# Challenge: Party Games

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## Grandmother's footsteps

### How to play:

One person stands at one end of the garden or room, facing away from everyone else. The rest of the family stands at the other end of the garden in a line. The people standing in a line slowly and carefully make their way up to granny. When granny turns around you must freeze! If granny sees you move, she will send you back to your starting point.

The winner is the first person to reach granny.



# What's the time Mr. Wolf?

## How to play:

A similar game to Grandmother's footsteps. One person stands at one end of the garden or room facing away from everyone else. They are the wolf.

The rest of the family stands at the other end of the garden in a line. The people standing in a line chant 'What's the Time, Mr. Wolf.' The wolf shouts out a time, for example '5 O'clock.' The people in the line take 5 steps forward, saying the steps as they step forward. Once they have reached that number of steps they stop and ask the wolf what time it is again. This is repeated until the Wolf says, 'dinner time' and chases after everyone. The one he touches then becomes the wolf.

