

# BOOP

## ICEBREAKER ACTIVITY

### EQUIPMENT

BALLOONS



## INSTRUCTIONS

THIS ACTIVITY WORKS BEST INSIDE WHERE THERE IS LITTLE WIND. GROUPS OF THREE TO FIVE LINK HANDS IN A CIRCLE; THERE IS ONE BALLOON PER GROUP. AIM IS TO WORK TOGETHER TO KEEP THE BALLOON IN THE AIR BY USING ANY BODY PARTS, AND WHILE KEEPING ARMS LINKED.

PROGRESSION: HEAD THEN HANDS ON ALTERNATIVE HITS. CREATE A SEQUENCE OF PLACES THAT IT HAS TO GET HIT BY. INCLUDE AN EXTRA BALLOON.



BreakAppz



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