



SuperYak's Adventures at Home

Keep the Balloon in the Air!

Materials Needed:

- 1 empty balloon
- Timer
- *Clear floor space in a room that your parents/guardians have approved for this activity OR a clear, trip hazard free space outside when the wind isn't blowing*

SuperYak's Reminders!

- Be kind, be safe, and try your best!
- Once you are done using your balloon, have an adult help you cut a hole in it to deflate, and make sure it doesn't get left outside as misplaced trash

Instructions

1. Take one balloon and blow it up so it is at least as big as your head, then quickly tie it so the air doesn't escape
 - a. If needed, ask an adult may need to assist you with this part
2. Get your timer ready, and when you hit start gently toss the balloon in the air
3. Using your hands or other contact with your body, Keep the Balloon in the Air!
www.taiwantrade.com
4. When the balloon hits the ground, stop the timer and record your time
5. Think you can beat your current time record? Reset your timer and try again!



Be sure to record your favorite part(s) of the activity in your SuperYak's Adventures at Home Journal! Parents/Guardians can submit photos to SuperYak's Adventures at Home Blog through CY's website.



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SuperYak's Extra Challenges

- Get your timer ready to reset, and this time challenge yourself to see how long you can keep the balloon in the air using only your right or only your left hand. Record your time for each hand, then test how long you can keep the balloon in the air by contacting it only with your:
 - Knees
 - Feet
 - Head
 - Arms (any part but your hands!)
- Find a partner at home and see how long you can keep the balloon up when you have to take turns contacting the balloon, every other contact.
- Put on your favorite song and dance to it while keeping the balloon in the air, let where the balloon goes direct where you go in your interpretive dance as you keep contacting the balloon!

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