

Here's What You Will Need:

1. Balloons
2. A pool noodle (cut in half) or
3. An empty paper towel tube
4. String or
5. Rubber Bands



Setting Up:

1. Blow up 1-3 balloons
2. Set up an open space to play
 - a. Outdoors if possible
 - b. Move objects from the open space to keep the area safe
3. If using string, tie the string to the bottom of the balloon
4. You can also cut a rubber band in half and use that in place of string
5. Cut a pool noodle in half or grab an empty paper towel tube (used for swatting)

Levels of Balloon Volley Play

Level 1

Once your child has practiced hitting the balloon you can make the activity more challenging

Level 2

Have your child try volleying with different parts of their body:

- Elbow
- Head
- Knee
- Foot

Level 3

Now have your child hit the balloon using an object. How many times can they hit it without it touching the floor?

Level 4

Add in a 'net':

- Tie a string across the room or from tree to tree
- Use a table
- Can you hit the balloon back and forth over the 'net' like volleyball?

1.



hit balloon



to



partner

&

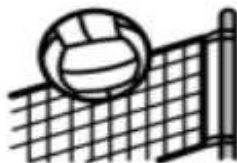


count how
many hits

2.



hit balloon



over net



to



partner

3.



hit ball



across table



to



partner