

Balloon Keep-Up

A lively and engaging game where players keep a balloon or a light object in the air as long as possible without letting it touch the ground. Ideal for indoor fun and suitable for all ages.

Equipment Needed

- A balloon (alternatively, a lightweight ball, beach ball, or even a crumpled paper ball)

Step By Step Instructions

Step 1- Prepare the Object

Inflate a balloon, or if using an alternative, ensure its light and safe for indoor play.

Step 2- Start the Game

Launch the balloon or light object into the air.

Step 3- Keep It Up

Use hands, feet, or heads to keep the object airborne without holding onto it.

Step 4- Avoid Ground Contact

The object must not touch the floor. If it does, reset and start again.

The Rules

Rule 1- Only gentle taps or hits to keep the object up; no grabbing or holding.

Rule 2- Stay within a defined play area to avoid running into obstacles

Rule 3- The game can be played individually or with multiple players

