

Balloon Catch

Develops ball handling skills



Balloon play is a fun activity for kids that can be done both indoors and outside. Balloons are colourful, light and easier to catch than a ball. Playing Balloon Catch with your child helps them to develop hand-eye coordination and the skills needed to catch a ball later down the track.

Play idea variations:

- See how long your child can keep their balloon up in the air using their hands
- Try balancing a balloon on different body parts (eg hand, arm, knee, foot, head) - this also helps with body awareness
- Encourage your child to throw their balloon up in the air above their head and then catch it



Develops ability to catch

Great beginner activity for learning to catch.



Develops hand-eye coordination

Gentle fall rate and large surface makes it easy to catch.



Develops social skills

Fun to play in a group and encourage throwing and catching together.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org