

## Burst The Balloons



Group Size: Any, although large group may get a little hectic.

Key Stages: KS2, KS3, KS4, KS5

Team Building Skills: Organisation, Trust, Communication

Equipment: Balloons (cheap balloons work best) and sellotape

For Burst The Balloons each Person will need to sellotape a balloon to their right leg. This is best done over the top of trousers, tights or socks to avoid a painful removal.

When the facilitator starts the exercise everyone needs to go around trying to pop other peoples balloons using only their left foot. This is whilst keeping guard of their own balloon.

This can be setup in teams. You will need different colours of balloons for each team.

You can also make Burst The Balloons more interesting by having a balloon on each leg.