



## Balloon Fun

Pre-K Standards:

Physical Development: 2.PK.1, 2.PK.2, 3.PK.1, 4.PK.1, 5.PK.1

Social Emotional: 2.PK.3a, 5.PK.1a, 5.PK.1b



### Instructions:

1. Use one balloon per child and have them try to keep the balloon up in the air as long as possible. Encourage them to use their knees, elbows, head, hands, etc.

### Skills:

- Light cardio
- Object control
- Kicking
- Striking

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