



## ***STOMP THE BALLOON***

*An activity to get moving and promote classroom bonding.*

**Time**  
5-10 Minutes

**Group Size**  
15-30 Students

**Materials**  
Balloons and string

### **INSTRUCTIONS**

1. Students tie a balloon attached to a string to their ankle.
2. At the command of the teacher, students then try to pop the balloons of other kids while preventing someone from popping their own balloon.

### **DISCUSSION QUESTIONS**

- What was the best strategy?
- Was this a fun activity?
- What are other unconventional ways to be active?