

# 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](https://fb.me/MightyMoversCBR) or [bluearth.org](http://bluearth.org)