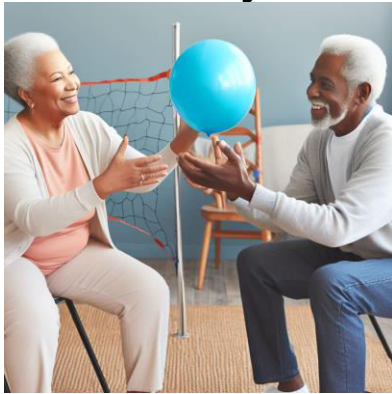


## Balloon Volleyball



### Objective:

The goal of balloon volleyball is to promote physical activity, enhance mobility, balance, and coordination. The activity can be modified based on the needs of the elderly; instead of having them standing, chairs can be placed on the floor where participants can sit and play the game.

### Preparations:

- Create a designated area where participants can play balloon volleyball, for example, in a garden or a communal open space. Mark a playing area that serves as your "game field." You can use tape to create a line that functions as the net. Place the participants on each side of the "net."
- Use a balloon as "volleyball."
- Divide the participants into two teams if there are enough participants. If needed, the activity can be carried out with just one player and one person from the personnel.

### Explain the rules of the game to the participants:

- The goal is to keep the balloon in the air for as long as possible by hitting it over the net to the opponent's side.
- Participants can use the palm of their hand to hit the balloon.
- One way to start the game is for a participant to gently hit the balloon over the net from their side to get the game started. After that, the teams take turns hitting the ball over the net.
- Scoring: Each time the ball lands within the marked area on the opponent's side, the team earns a point. The first team to reach 10 points wins.



### Time

About 30 minutes.



### Alone or in a Group:

Balloon Volleyball can be done in pairs or in a group.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal