

Balloon Badminton



Objective:

The goal is to promote physical activity coordination and social interaction. By playing badminton with balloons, we create a fun and safe environment for physical activity and social interaction. Balloon badminton is an activity that can be done at various levels and the activity is modified so that the participants can sit and play the game.

Preparations:

- Create a designated area where participants can play balloon badminton, 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 the "feather ball" and give a badminton racket to each participant.
- 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 use the badminton racket 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

Usually about 30 minutes.



Alone or in a Group:

The activity can be done in pairs or in a group.

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