

Balloon Feet Stomp – Game Instruction

Title: Balloon Feet Stomp

Category: Outdoor

Subcategory: Kids

Players: 4+ players

Time Required: 15–20 minutes



Description

Pop other players' balloons while protecting your own in this energetic foot-based game.



Materials Needed

- Balloons (1–2 per player)
 - String or rubber bands to tie balloons to ankles
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How to Play

- Blow up balloons and tie one or two to each player's ankles using string or bands.
 - Players spread out in a safe, open space.
 - On signal, players try to stomp on each other's balloons while keeping their own safe.
 - When both of a player's balloons are popped, they're out.
 - The last player with a balloon still intact wins.
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Tips & Variations

- Play on grass to prevent injuries and reduce balloon bouncing.
- Use different balloon colors for each team or player.
- Make it a team challenge by grouping players and adding rules like “protect your teammate.”