


# Balloon Keep-Up – Game Instruction

**Title:** Balloon Keep-Up

**Category:** Indoor

**Subcategory:** Family

**Players:** 1 or more

**Time Required:** 5–15 Minutes 

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## Description

Balloon Keep-Up is a lighthearted and energetic indoor game where players try to keep a balloon from touching the ground using only their hands, heads, or feet. It's perfect for quick bursts of family fun, rainy days, or birthday parties — encouraging movement, laughter, and coordination.

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## Materials Needed

- 1 or more balloons (preferably latex)
  - A stopwatch or timer (optional)
  - Open space free from fragile items
  - Music (optional for variation)
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## How to Play

**Setup:**

Clear some space indoors to ensure the balloon won't knock anything over.

**Objective:**

Keep the balloon in the air as long as possible without letting it touch the floor.

**Rules:**

- Players can use hands, heads, elbows, or feet — no catching or holding allowed
- The balloon must be hit upward each time
- If playing in teams, alternate players after each hit

**Winning:**

- Single player: Beat your personal best time
- Teams: The team with the longest continuous keep-up streak wins
- Add rounds or set a timer for challenges

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### **Tips & Variations**

- **Add multiple balloons for chaos and fun**
- **Try themed rounds like “no hands” or “only elbows”**
- **Add music for musical balloon rounds**
- **Use a scoreboard for a mini tournament**
- **Assign point penalties for each time the balloon touches the ground**