

Balloon Relay – Game Instruction

Title: Balloon Relay

Category: Outdoor

Subcategory: Kids

Players: 4 or more (2+ per team)

Time Required: 10–15 Minutes 🕒

Description

Balloon Relay is a fun and giggly race game where kids must run while balancing balloons in silly ways—like between their knees or under their chin. It's perfect for promoting balance, laughter, and team spirit.

Materials Needed

- Balloons (one per player or more)
 - Open space for racing
 - Cones or markers to indicate start/finish lines
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How to Play

Setup:

- Divide players into teams and line them up.
- Set a turnaround point a short distance away using cones or markers.

Objective:

To race to the marker and back while keeping the balloon in the designated position (under chin, between knees, etc.).

Rules:

- The first player in each team races while balancing the balloon.
- If the balloon is dropped, the player must return to the start and try again.
- Upon return, the player passes the balloon to the next teammate.
- First team to finish all racers wins.

Winning:

The team that finishes the entire relay first without dropping their balloons wins!

Tips & Variations

- Try different ways of carrying balloons: under arms, elbows, or backs.
- Add a silly walk or dance to the race.

- **Use water balloons (with caution!) for extra challenge.**
- **Blindfold one team member for extra fun.**