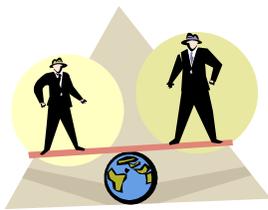


Over the previous weekend I was thinking how my 1st period class seemed to be



"tired," and I needed something to "pick them up" right before we took a quiz. I found this activity in Spencer Kagan's book "Silly Sports and Goofy Games." This activity takes 10-15 minutes if the balloons are already inflated.

I inflated 6 balloons (each one a different color). My class is already formed in teams, so I took the teams into the hallway and had them form circles by holding hands (or hold wrists). Players bounced a balloon in the air without letting go of their hands. They used hands, heads, elbows, feet, or any body part to keep the balloon afloat. If they broke the circle or allowed the balloon to touch the ground, they were "out."



Something else I've done from this book that is a good 1/2 through the period breaker. This is a Pair Balance. Shoulder partners face each other with their arms fully extended forward. They place the palms of their hands against the palms of their partner's hands, leaning forward, supporting each other. They must lean forward from their toes, with their entire body straight, not bending at the waist. Each player in turn slowly takes a baby step backward, taking care to continue supporting their partner. They continue taking turns making tiny steps backward until they are both leaning at a considerable angle, supporting each other. Very slowly, the players let go of one hand, supporting themselves with the other pair of hands. With their free hands they "wave to the crowd." Finally the pair reconnects their free hands to wave to the real or imaginary crowd on the other side.

This activity can also be done with partners touching their toes and leaning out with a straight body to then "wave at the crowd."

For more information about Kagan's work, [click here](#).