

SPELETJIES MET BALLONNE / GAMES WITH BALLOONS



Blaas jou ballon op.

- Kyk wie kan sy ballon die grootste opblaas met net vyf asemhalings.
- Plaas jou ballon halfpad in 'n emmer met water. Blaas die ballon op sodat die water oorloop.
- Teken soveel stokmannetjies as wat jy kan op die ballon terwyl jy die ballon met een hand vashou en die mannetjies met die ander hand teken (moenie die ballon knoop nie).
- Staan by die wegspring lyn en laat los jou opgeblaasde ballon. Waar die ballon land word hy weer opgeblaas en laat gaan. Herhaal tot die ballon oor die wenstreep vlieg.
- Probeer musiek maak met die ballon deur die lug stadig te laat ontsnap.
- Blaas 'n balletjie watter deur 'n hindernisbaan en in 'n doel met behulp van jou ballon. Laat die lug stadig uit.

Blaas op jou ballon en maak 'n knoop in die nek. Hou die ballon in die lug deur dit te slaan. Maak dit moeiliker deur meer balonne by te sit of om beperkings te plaas, bv. Jy mag nie jou hande gebruik nie.

- Verdeel in spanne. Elke span staan in 'n klein sirkel. Kyk wie kan die ballon die langste in die lug hou deur net te blaas.
- Hou die ballon in die lug deur dit met jou vingers te tik (dit word nie toegelaat om die ballon vas te hou nie) terwyl jy jou hemp uittrek.
- Sit teenoor mekaar. 1-3 balonne moet oor en agter jou opponer geslaan word terwyl jy bly sit.
- Hardloop terwyl jy en jou kind die ballon vir mekaar slaan. Julle kan tafel tennis raket, tennis raket, of opgerolde koerante gebruik om die ballon mee te slaan.
- Plaas 'n ballon op 'n hand handdoek. Hou die handdoek styf sodat die ballon bo op die handdoek lê. Loop deur 'n hindernisbaan sonder dat die ballon van die handdoek afval.
- Staan in 'n sirkel. Gooi 'n ballon in die lug. Roep iemand se naam uit. Die persoon moet die ballon vang voordat dit die grond raak. Indien die persoon suksesvol is roep hy/sy weer die volgende naam.
- Staan in 'n sirkel. Gooi 'n ballon in die lug en roep iemand se naam asook 'n liggaamsdeel uit. Die persoon moet die ballon in die lug hou met die liggaamsdeel wat jy uitgeroep het tot hy/sy weer 'n volgende persoon se naam uitgeroep het.

Trek die nek van die ballon oor 'n kraan en maak die ballon vol water. Knoop die ballon.

- Staan oor mekaar. Gooi die water ballon vir mekaar. Na elke suksesvolle vangst tree julle een tree terug.
- Plaas 'n waterballon bo op 'n karton rolletjie (bv. 'n toiletrol) en gee die ballon aan na die volgende persoon.



Blow up your balloon.

- See who can blow up the largest balloon with only five breaths.
- Place the balloon part way in a bucket of water. Blow up the balloon so that the water overflows.
- Draw as many stick men as you can using a felt marker on your balloon while holding the balloon in one hand, drawing the men with the other hand (do not put a knot in the balloon).
- Stand on the starting line and let go of your blown up balloon. At the point where the balloon lands, it is blown up again and let go again. Repeat until the balloon flies over the finishing line.
- Try to make different pieces of music with the balloons by letting the air escape.
- A cotton ball is blown over a course and to a goal with the help of the balloon, letting the air escape slowly.

Blow up your balloon and tie a knot in the neck of the balloon. Keep the balloon in the air by hitting it with your hand. Make it harder by adding in more balloons or placing restrictions e.g. no hands.

- Divide into teams. Each team stand in a small circle. See which team can keep a balloon aloft the longest using only breath.
- Keep the balloon in the air by tapping it with your fingers (holding the balloon is not allowed) while taking off your shirt.
- Sit across from each other. 1-3 balloons must be hit over and behind your opponent. Standing up is not allowed.
- Run hitting the balloon back and forth during the entire run. Table tennis paddles, tennis rackets, swim fins or rolled up newspapers can be used to hit the balloon.
- Place a balloon on a hand towel held between you and your child. The towel must be held taught so that the balloon stays on top and is not caught in the towel like a net. Walk from the starting to the finish line without the balloon falling off the towel.
- Stand in a circle. Toss a balloon in the air and call someone's name. That person must catch the balloon before it touches the ground. If the person succeeds s/he then tosses the balloon up and calls the next name.
- Stand in a circle. Toss the balloon in the air and call someone's name. As well as calling out someone's name, also call out a body part which that person has to use to keep the balloon in the air until s/he calls another person's name and a body part.

Pull the neck of the balloon over the tap and fill the balloon with water. Tie a knot in the neck.

- Water filled balloons are thrown relay style from person to person. After each successful catch stand one step back.
- A water filled balloon is placed on top of a cardboard roll (e.g. toilet roll) and passed to the next player relay style.

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- Verdeel in twee spanne met twee spelers elk. Elke span kry 'n groot handdoek wat as slingervel en net gebruik word. 'n Ballon word van een span na 'n ander geslinger met die handdoek oor 'n volleyball net of 'n tou. Die ander span probeer die ballon vang met hulle handdoek.
- Gebruik 'n waterballon om "splash" krieket te speel. Gooi die ballon vir jou kind. Hy/sy moet probeer om die ballon raak te slaan met 'n raket/kolf.

Die eerste speler van elke span hardloop deur 'n hindernisbaan, gryp 'n ballon, blaas die ballon op en knoop dit. Hy/sy hardloop dan weer terug na die begin, sit op die ballon en laat dit bars. Die volgende speler kan dan begin.

- Jou kind hardloop na punt A, steek 'n kers aan en hardloop na punt B met die brandende kers. Hier gryp hy/sy 'n ballon, blaas die ballon op en knoop dit en hardloop dan na punt C met die brandende kers en die ballon. By punt C maak jou kind 'n strooitjie vol water en hardloop met die strooitjie vol water, die brandende kers en die ballon na punt D. Hier plaas jou kind die water in 'n beker en gebruik die kers om die ballon te bars.
- Gebruik lang balonne as hokkie stokke en ronde ballonne as balle. Slaan die ronde ballon met die lang ballon in die doelhok.

'n Twee man span moet deur 'n hindernisbaan hardloop terwyl hulle 'n ballon vashou tussen hulle deur net hulle koppe/lywe te gebruik.

- Bind 'n 30cm tou om 'n ballon en dan om jou kind se enkel. Alle spelers moet probeer om die ander spelers se ballonne te bars deur daarop te trap. 'n Speler wie se ballon bars is uit.
- In plaas daarvan om die ballon om jou kind se enkel te bind, bind dit om jou kind se middle. Probeer mekaar se ballonne bars.
- 'n Span bestaan uit twee spelers. Elke span hou 'n ballon tussen hul voorkoppe vas. Aartappels, geveerde klippe of ander items word op die grond gestrooi. Elke span probeer die items so vining as moontlik optel sonder dat die ballon op die grond val.

Hang 3 opgeblaasde ballonne van verskillende groottes aan 'n tak. Gebruik klein klippies en probeer elke ballon raakgooi.

- Laat jou kind so veel as moontlik ringetjies as moontlik uit 'n ballon sny. Gooi die ringetjies oor die nek van 'n bottel.

Laat jou kind sy/haar ballon tussen sy/haar knieë vashou en van die begin tot by die einde spring.

- Hang ballonne van die wasgoedlyn of van die plafon. Gebruik verskillende lengtes tou vir elke ballon. Hang elke ballon 'n bietjie hoër. Kyk of jou kind kan spring en elke ballon raak.

Probeer 'n ballon op die punt van jou vinger ballanseer. Hou 'n kompetisie en kyk wie die ballon die langste in die lug kan hou.

Hou die ballon tussen jou voete en gee die ballon aan vir die volgende speler sonder dat die ballon die vloer raak.

Bedek 'n ballon met skeerseep. Skeer die ballon met 'n skeermes/skerp mes sonder dat die ballon bars.

Maak 'n ballon vol met 'n paar druppeltjies water. Blaas die ballon op en knoop dit. Gebruik 'n merker om paadjies op die ballon te teken. Laat jou kind die ballon stadig beweeg en draai sodat die druppeltjies langs die paadjies langs beweeg.

- A group is made up of two teams. Each team is given a large towel which serves as a catapult and a catching sheet. A balloon filled with water is now catapulted from one team to the other over volleyball net (rope). The receiving team tries to catch the balloon.
- Use a water filled balloon to play splash cricket. Toss the balloon to your child. Let your child hit the balloon with a racket/paddle/bat.

The first player on each team runs through an obstacle course, grabs a balloon, blows it up, ties a knot in it, then runs back through the course to the goal, sits down on the balloon and makes it pop. Only then may the next player start.

- Your child runs to point A, lights a candle and runs to point B with the lit candle. Here s/he grabs a balloon, blows it up, puts a knot in it and then runs to point C with the lit candle and the balloon. There, s/he takes a straw and fills it with water. Then s/he runs with the straw and water in his/her mouth, the lit candle and the balloon to point D. There s/he pours the water from the straw into a cup and uses the candle to pop the balloon.
- Long balloons are used as hockey sticks and round balloons are used as "pucks". Hit the round balloon with the long balloon into the goal.

A two man team must run through an obstacle course using only their stomachs or head to hold the balloon between them.

- Tie a thread about 30cm long around a balloon and then tie it around your child's ankle. All players must try to stomp on and break the other players' balloons. A player whose balloon breaks is out.
- Instead of tying the balloon around the ankle, it is tied to the back (pants/waist). Try to break each other's balloons.
- 2 players make up one team. A balloon is held between their foreheads. Either potatoes, painted stones or other items are strewn on the ground. Each team must try to collect the items as fast as possible without letting their balloon fall on the ground.

Hang 3 inflated balloons of different sizes on a branch. Use small stones to try and throw each balloon.

- Let your child cut as many rings as possible out of a balloon. The rings are thrown from a distance of 1 meter onto bottle necks.

Your child holds his/her balloon between his/her knees and jump from the start to the finish line.

- Hang balloons from a clothes line or tape them on the ceiling. Use different length string for every balloon. Hang each balloon a little higher. See if your child can jump up and touch each balloon.

Try balancing a balloon on the end of your finger. Have a competition to see who can do it for the longest.

A balloon is held between the feet and passed to the next player without the balloon touching the floor.

Cover a balloon with shaving cream. With a razor or a sharp knife the balloon is shaved without breaking it.

For a concentration game, just fill in some little droplets of water. Then blow up the balloon and tie it. Use a permanent marker to draw a labyrinth on the balloon. Let your child try to move the balloon slowly to let the water droplet move along the lines of the labyrinth.