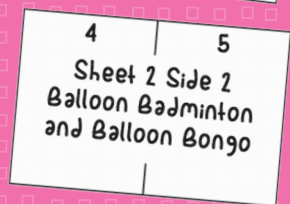
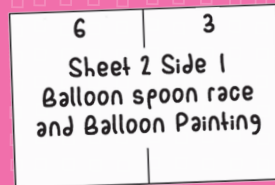
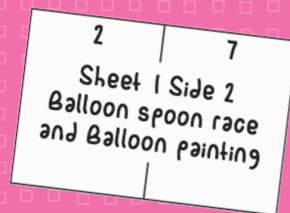
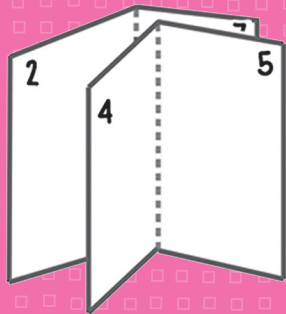
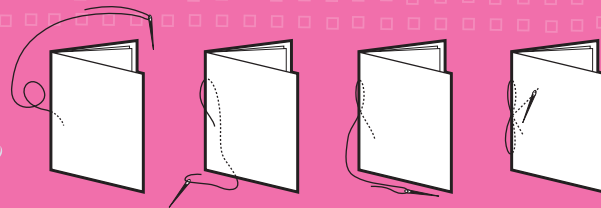


To turn your sheets into a booklet follow these simple instructions – please ask a grown up to help. You will need some wool and a needle.

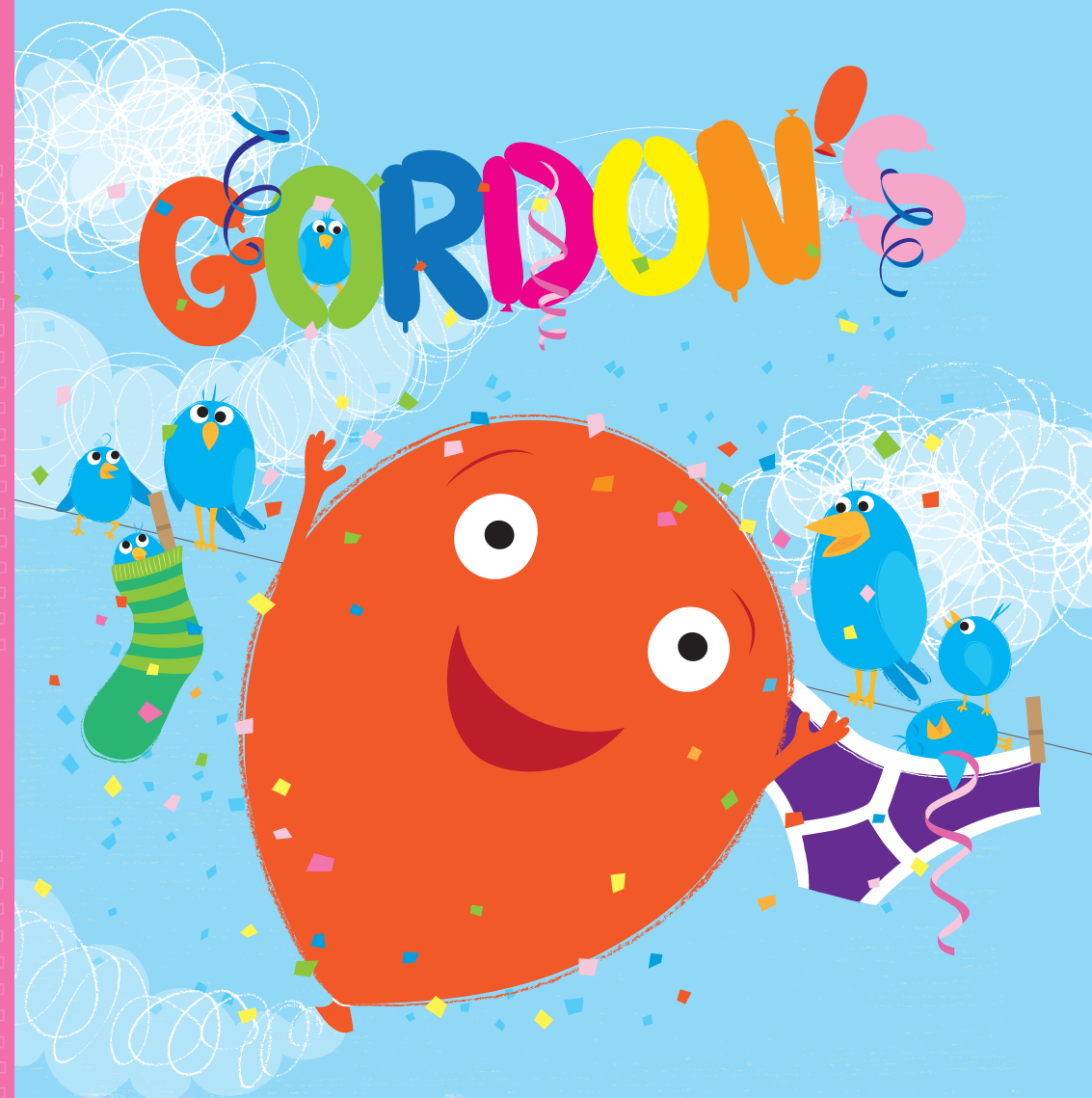


You can tie the sheets together using some wool and a needle. Ask your grown-up to help you with this...



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**Brilliant Balloon Activities!**



# Balloon and Spoon Race

**Have you ever done an egg and spoon race and gotten all messy when the egg breaks?**

**Follow the instructions below to have the same fun but without the yucky mess.**

## **You will need:**

**Balloons, a funnel, wooden spoons (1 per player), bucket (1 per player).**

- 1 Get your grown up to use the funnel to fill the balloons with water. You should have 3 or more for each player and little balloons work the best.**
- 2 Decorate your spoons using stickers or paint.**
- 3 Decide your distance for the race and line your buckets up at one end, lining up with your friends at the other.**
- 4 Put the balloon on the spoon and when your grown up shouts 'GO' you have to run as quickly as you can and put your balloon in your bucket.**
- 5 Run back to the star, put another balloon on your spoon and rush back to the bucket. The first person to get all there balloons in the bucket WINS.**



## Balloon Badminton

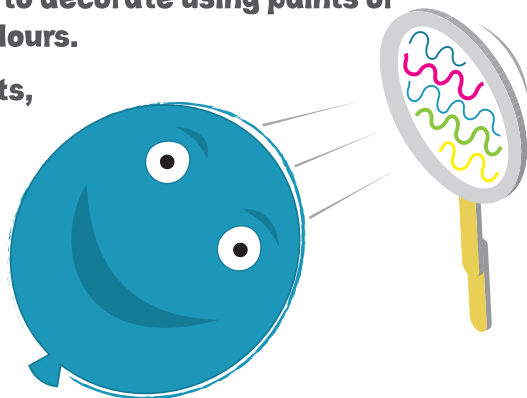
**Keep the balloon from touching the floor in balloon badminton.**

**Follow the instructions below and you'll be able to play your very own game.**

### **You will need:**

**A balloon, sticky tape, 2 paper plates, 4 lolly sticks.**

- 1** Tape one end of the lolly stick to the back of the paper plate. Have the end roughly in the middle.
- 2** Make the handle longer by taping another one of the lolly sticks to the end of the first.
- 3** Do the same again with the other paper plate and lolly sticks. Now you're ready to decorate using paints or pens in your favourite colours.
- 4** Now you have two rackets, blow up a balloon, and you're ready to play balloon badminton.



4

## Balloon Bongo and Shaker

**I love making music, do you?**

**Follow the instructions below and you'll be able to make your own music on your very own instrument.**

### **You will need:**

**Balloons, rice or lentils, empty and clean tin cans, elastic bands.**

- 1** Begin by putting a small handful of rice or lentils into your empty tin can. Make sure your grown up has checked the tin has smooth edges.
- 2** Cut the end off your balloon and stretch it over the end of the tin.
- 3** Secure the balloon in place with an elastic band and there you have it...  
**A balloon bongo and shaker.**



5

# Balloon Painting

**Balloons can be fun to play with but they can be even more fun when you paint with them.**

**Follow the instructions below and your very own artistic masterpiece.**

## **You will need:**

**Balloons, big sheets of paper, paint, container for your paint.**

**This can be quite a messy activity so make sure a grown up is with you and there's plenty of newspaper down to stop any spillages.**

- 1 Pour the paint into the containers, something like a plastic plate or tray will work well.**
- 2 Blow the balloons up about a quarter of the way, you don't want them too big.**
- 3 Dip the balloon in the paint and then use this to print your shape onto your paper.**
- 4 Make your own Gordon by drawing a funny face on to your prints.**

