

FLASH - KEEP IT UP

<https://kidfriendlythingstodo.com/just-keep-fun-balloon-game-kids-adults-play/>

[https://en.wikipedia.org/wiki/Flash_\(comics\)](https://en.wikipedia.org/wiki/Flash_(comics))

Equipment

Inflated balloon
Stopwatch



Directions

You got to be quick!

Step 1: Gather in a circle

Step 2: Throw the balloon up in the air

Step 3: Players must keep the balloon up in the air without using their hands. NO HANDS! You can use head, elbows, feet or chest.

Step 4: Which team can keep the balloon up longer? Use a stopwatch if you like to see how long you can keep the balloon up.