

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Wonder of balloons

Children enjoy the fun of balloons, especially as part of celebrations and active play. Balloons inspire chasing, jumping, bouncing and passing games! Balloons can be drawn on, played with alone or with friends. They are great when there are children of different abilities as everyone can get involved, not just those who are good at throwing and catching.

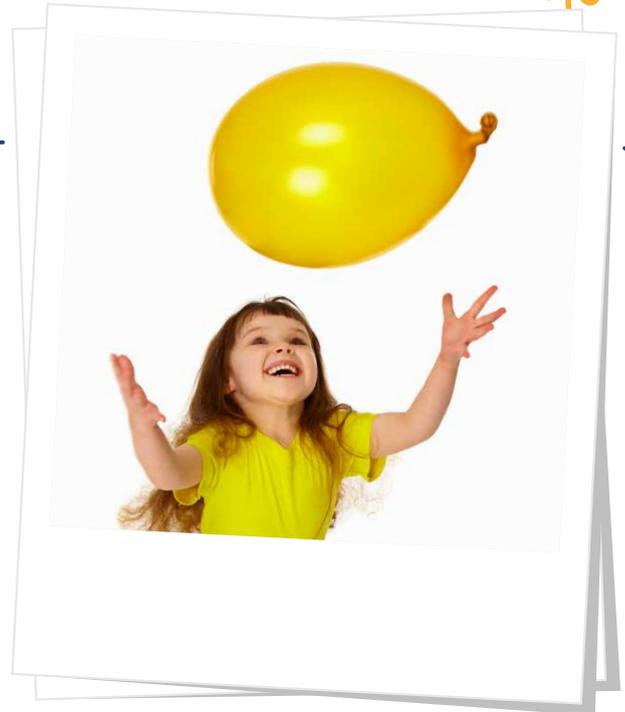
### Did you know?

Batting a balloon is a great way to get rid of excess energy and relieve feelings of stress and tension. Learning acceptable ways of managing big feelings and excess energy helps your child's emotional development.

### Other development

Balloon play can be a great way to boost resilience; which is the ability to recover from setbacks and keep going even when things go wrong. It can also build persistence as they learn to keep trying even when it is difficult. These skills are important for emotional development and learning new things. Using positive self-talk helps develop resilience in young children e.g. "Oh it popped! That's frustrating. Never mind. Let's try again with another one!"

Playing with balloons is great for investigating and exploring early science and maths concepts.



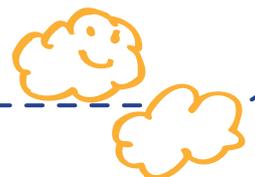
Count how many "blows" it takes to fill the balloon or how many hits to keep it in the air. You can find some great ideas for simple science projects by an internet search of "balloon experiments young children".

### Variations

Water balloons can be fun and used to aim at a set target. Drawing targets on the pavement with chalk, then trying to hit these with water balloons to wash away the chalk can be a fun variation for older children. A blown-up balloon that is not tied off, can be lots of fun for children to chase and promotes active play and hand-eye coordination.

### Safety

Balloons can be a choking hazard.



- Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)

