

GENTLE BALLOON TOSS

GAME



Gentle Balloon Toss

Give each child a blown up balloon. Explain that gentleness is something we have to practice every day so that we can get better at it. When we practice gentleness, it gets easier to treat people gently. When we treat others gently, they will often begin to treat us more gently too. This game requires us to be gentle.

Divide the group into two teams that face each other. Instruct the children to gently toss the balloon back and forth between the teams, making sure to keep it off the floor and keep it from popping.

