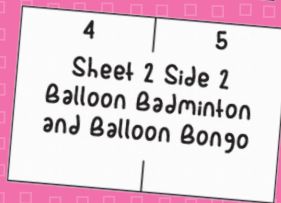
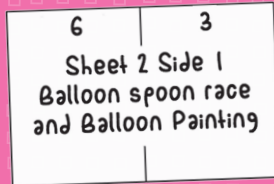
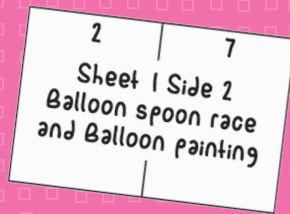
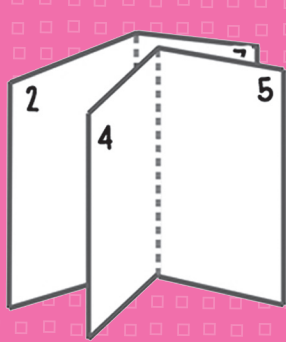
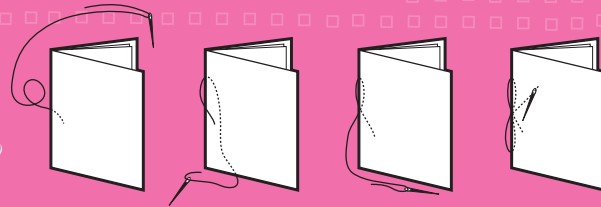


To turn your sheets into a booklet follow these simple instructions – please ask a grown up to help. You will need some wool and a needle.



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

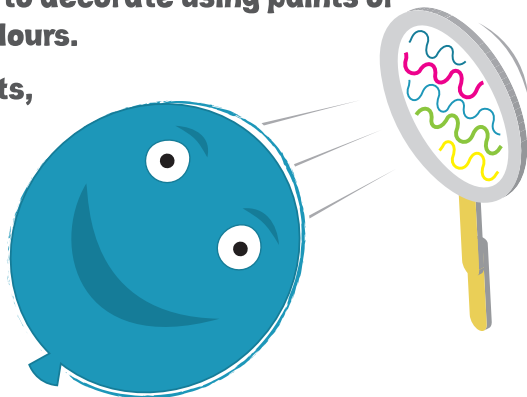
Keep the balloon from touching the floor in balloon badminton.

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.**

