

Balloon & Plastic Cup Race!

Have fun with this energetic, competitive race enjoyed by children and adults alike. This game can be played indoors or outdoors with materials you can find around the house!

Time to complete: N/A

Age Group: 6 yrs. +

Materials and ingredients: 1 Balloon per player

- 1 Plastic Cup per player
- Tape or something else to mark a start & finish line on the floor

Instructions:

1. Find a clear space on a hard-surface floor (i.e. wood, tile, concrete, etc.)
2. Set up one line of tape on the floor long enough for however many people are participating in the race to stand behind (Like the starting line of a race)
3. Set up an equal sized length of tape about 30 feet (or however big your space will allow) away from the starting line to act as the finish line of the race.
4. Each participant stands behind the starting line with their plastic cup on the floor open-side down at their feet.
5. When someone yells “On your marks, get set, go...” each participant will blow up their balloon, crouch down and put the open end of the balloon (where the air comes out) behind their cup wherever they think will help blow their cup along the floor.
6. Participants will continue to blow up their balloons and deflate them while using the air to move their cup along the race floor. It will likely take a few times of blowing up your balloon and deflating it to move the cup along.
7. The first participant to move their cup all the way across the finish line wins the race!



Rules:

- You cannot touch the cups with your hands or any other body part at any time while the race is on
- The plastic cup must fully cross the finish line in order for a winner to be named

Tips:

- Change up the length between the start and finish line to make it slightly easier or more challenging
- Have participants decorate their plastic cup before the race to show their creativity!