

Wheel of Well-being

The Balloon Challenge

An activity from Denise Svane (WoW Practitioner, Townsville)



Overview

The Balloon Challenge is a fun and energetic activity that gets everyone moving and connecting—young and old alike. The goal is simple: keep the balloon from touching the ground!

Why do this?

Physical activity is not just good for the body its good for the mind too, just 30 minutes of activity a day can improve your [physical and mental health](#). Regular movement can lower the risk of depression and anxiety, increase self-esteem and confidence, and improve cognitive functions like memory and thinking. And you don't have to run a marathon to be active, even short bursts of activity can provide immediate benefits! So, experiment. If you discover something you enjoy doing, you're more likely to carry on – and that's good news for your wellbeing.

Instructions

- For this activity you will need 2 or 3 balloons* for each group of people.
- Groups should be at least 6 people but no more than 10.
- Start with one balloon, and no rules.
- The group stands in a circle, the balloon is thrown in the air, the balloon cannot be allowed to touch the ground.
- After the group has mastered this, throw in another balloon.
- Now add some rules to make the activity harder!



Some example rules

- Use only one hand, place the other behind your back
- Use only your legs
- Use only your head
- Hold hands in the circle, you cannot drop hands



Wheel of Well-being is owned by South London and Maudsley NHS Foundation Trust (SLaM) and is licensed under a Creative Commons Attribution Non-Commercial Share-Alike 4.0 International License. Information on this license is available at www.creativecommons.org/licenses/by-nc-sa/4.0. Adaptations need to follow brand guidelines available at www.wheelofwellbeing.org/brand and be signed off by SLaM. For permissions beyond the scope of this license contact hello@wheelofwellbeing.org.