

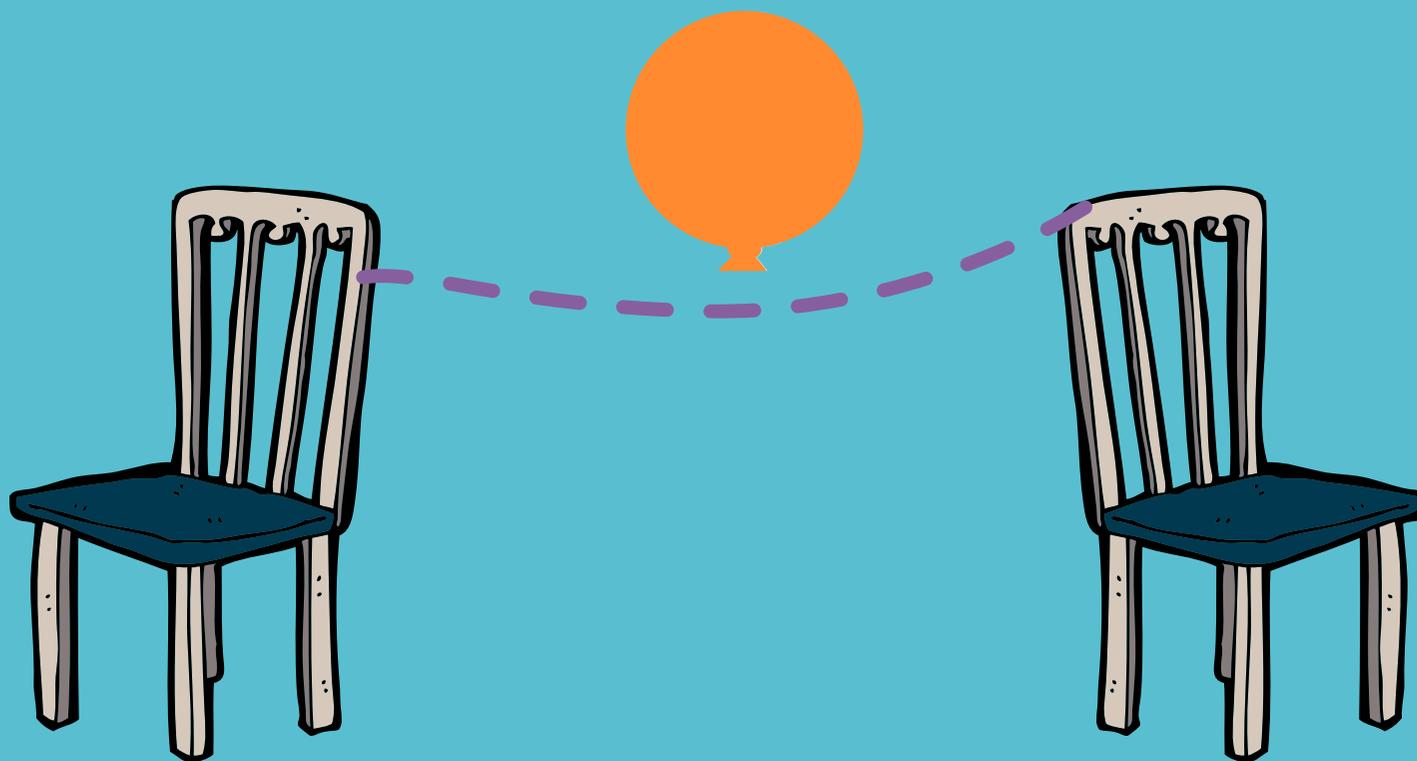


*Stay*

**ACTIVE**

# Balloon Volleyball

Materials Needed: 2 chairs, a string, and a balloon



Make a net by putting a piece of string or yarn in between two chairs.

Blow up a balloon and have your child practice their serve during a game of indoor volleyball!

## *Benefits:*

This activity develops hand-eye coordination, gross and fine motor control, and the ability to track moving objects in the air.