

ENERGY BURN:

Bad Guy Balloon Chase



If you have a marker and some balloons, you can make a fun chase game!

PREPARE: Draw bad guy faces on the balloons (pirates, thieves wearing eye masks, etc.) and blow them up. As a group, decide on an area to be the jail (like under the table) or draw a square on the floor with masking tape.

PLAY: Release the balloons! (The bad guys are running away!) Using only your feet, try to corral the bad guy balloons into the jail!

WIN: You win when you get all the bad guys into the jail!

