

Live Your Why - Afterschool Edition

Play a game of balloon volleyball.

You can use a string or painters tape for the line or anything else you can think of. If you don't have someone to play with, see how long you can keep a balloon in the air before it touches the ground.



What other fun, active games can you play with a balloon or with another item you can find at home?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy