



Balloon Bouncy Castle

This is a reasonably cheap activity, particularly suitable for younger children. For older ones you will need a bigger duvet cover and therefore many more balloons. The bouncing can be done indoors or out, and is particularly useful as a physical activity on rainy days.

Equipment:

- Old duvet cover
- Old duvet
- Approx 100-150 balloons for a single duvet; more may be needed dependant on the size of the duvet cover
- Balloon pumps

Method:

1. Put the duvet in the duvet cover
2. Partially inflate the balloons: about one large breath should do it, so the balloon is the size of a large grapefruit, and can be squished without popping.
3. Put the balloons inside the duvet cover to create a dense layer over the duvet.
4. Secure the open end of the duvet cover.
5. Find a large space to lay out the balloon-filled duvet cover, make the children take their shoes off, and then let them at it.

Make sure you don't over-inflate the balloons, they need to remain very squishy, otherwise they will pop rather than bounce.

Don't worry if the play moves on from bouncing on the balloons to trying to pop them, there is plenty of play value in this.

It might be prudent to limit the number of children bouncing at a time - the number on at any time will depend on the size of the duvet cover used.

This is a good way to re-use any balloons left over from a party the day before.

Areas of learning and development:

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