



KEEPY UPPY

A GAME OF COOPERATION AND COORDINATION



PREPARATION:

Inflate a few balloons.

Let's see if we can work together to keep our balloon from touching the ground.



MORE THINGS WE COULD ADD:

Every time we hit the balloon in the air we could make a funny noise- boink, blah, beep, plob etc.

Or... Let's count each time we hit the ball up in the air and see what number we reach before it touches the ground.

If we get good with one balloon, we could add another one into the mix. Can we keep two balloons off the ground together? Or even more?



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A simple fun game, great for children of many ages, especially younger children. This game encourages people to cooperate in service of an aim, which can feel connecting and rewarding. Watch Season 1. Episode 3 of Bluey on ABC's iView entitled 'Keepy Uppy' for more ideas about playing this game.

HACKY SACKS

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A hacky sack otherwise known as a footbag is a small rice, sand, pellet, or legume filled ball like bag that is small enough to fit in your pocket. There are many games that can be played with hacky sacks. Most are cooperative games which involve coordinating with other players to achieve an outcome. You don't need a lot of space or equipment or time to play with a Hacky Sack in indoor or outdoor environments. It does however, take some body coordination, which builds through practice in groups or on your own.



ACHIEVING 'A HACK'

Guidelines: This game is for 3 or more people.

Stand in a loose circle together.

The only one to hold the hacky sack in their hand is the server, who begins each turn by throwing the ball at waist height towards another player. Players should take it in turns to serve.

Kick the hacky sack up on the end or inside of your foot towards another player. Try to direct the hacky sack towards someone that hasn't had a turn yet.

No one is to apologize if the hacky sack falls on the ground.

When everyone has had a turn at kicking the hacky sack on in one passage of play it is known as 'a Hack.'

Hacky Sack's can be easily purchased in store or online- (google for local options)

Or make your own following this young person's tutorial-
<https://www.youtube.com/watch?v=L4gaKgdvz0o>

