



Keep it Up!

Balloon Bounce

Beginner: Toss a balloon in the air and keep it from touching the ground using different body parts (hand, foot, elbow, head, knee).

[Tip]: Have your child name the body part they use each time they hit the balloon.

Intermediate: Toss a balloon in the air and keep it from touching the ground. Call out which body parts to use before touching the balloon.

[Tip]: Take turns calling out different body parts and try to use that part before the balloon hits the ground (eg. “Use your knee!”).

Experienced: Toss a balloon in the air and keep it from touching the ground. Call out which body parts to use before touching the balloon. Add whether to use left or right body parts.

[Tip]: Be specific (ex. left elbow, right pinky finger, right foot).

Why is this important? Using body-part vocabulary in play gives children the words they need to communicate their needs and intentions about their bodies.

References:

Waugh, W. E., & Brownell, C. A. (2015). Development of Body-Part Vocabulary in Toddlers in Relation to Self-Understanding. *Early Child Development and Care*, 185(7), 1166–1179. <https://doi.org/10.1080/03004430.2014.983915>