

## Balloon Trolleys

*Participants will use teamwork and communication to accomplish a task*

**Description:** Participants will use teamwork and communication skills to accomplish a task of walking across the room with balloons

**Purpose:** To strengthen teamwork and communication skills

**Time:** Approx. 10 minutes

**Age:** All ages

**Suggestions:** Have enough room to move around and walk a distance in a straight line.  
**Caution:** most balloons contain latex, so if anyone in your group has an allergy to latex, they aren't allowed to touch the balloons. You could have that person be an additional "car" on the train without touching a balloon.

**Materials:** Balloons

### **What To Do:**

1. Have all participants line up in one, straight line, facing the back of the person in front of them.
2. Place one balloon between each person, so the line alternates between person and balloon. They have to hold up the balloons without using their hands.
3. Have the line walk straight forward for a predetermined distance (use a greater distance for older youth).
4. Every time a balloon drops, the group must start over.
5. For an extra challenge, do the same thing, but have the group form a circle.

### **Reflection Questions:**

How does this activity connect the Special Emphasis theme of "4-H Grows"?

What was hard about this activity?

What was easy about it?

How can you connect this experience with real life?

What did you learn about communication and problem solving while doing this activity?

**Sources:** "Balloon Trolleys." *Teambuilding Activities* (n.d.): n. pag. *The Food Project*. Web. 18 Sept. 2016.

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