

Zero Gravity

Watch this activity demo on  YouTube 

The Goal:

Keep three balloons in the air for 1 minute.

What You Need:

Timer / [Interval Music](#), 3 Balloons

How To Play:

- Stand in personal space holding three balloons.
- On the start signal, toss the balloons into the air.
- Tap or volley the balloons to prevent them from touching the ground.
- To succeed, you must keep all 3 balloons in the air for 1 minute.

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)



in support of

