
Balloon Trolleys

Type	Active activity that can be done anywhere. Works on teamwork and persistence.
Group Size	Any group size.
Equipment	One balloon per person.
Scenario	The group has been taken hostage and connected to each other with “magnetic” balloons that prevent the people from separating from each other. An opportunity to escape has presented itself as long as the group can move as a unit from one point to another.
Objective	The group has a whole has to move from one point to another with blown up balloons between each person without allowing the balloons to drop.
Rules	<ol style="list-style-type: none">1. Blow up the balloons and have the entire group line up with a blown up balloon between each person in the line being held up by the pressure of the bodies pressing together.2. No one is allowed to touch the balloons with their hands or arms.3. To increase the challenge, don’t allow the group members to use their hands for anything including hugging each other to lock their bodies together.4. If a balloon touches the ground, you can either have the group start over again or try to figure out a way of picking up the balloon and re-inserting it without losing anymore. Even with their hands, this is hard.
Variations	<ol style="list-style-type: none">1. Add obstacles that the group has to go over, under or around to make it more challenging. Remember that the group will only have limited movement up or down though. Steps to walk up would be good.
Notes	<ul style="list-style-type: none">• This is a good activity to do with a group that does already work together to reinforce those attitudes.• It’s also good to do with a group that is having some problems so as to highlight those problems and help the group get past them and begin to work together effectively.