



Glide's Guide on being active!

# Stomp It!



**Materials:** balloons, pantyhose

**Age(s):** Preschoolers and older

**Directions:** Blow-up as many balloons as you have. Scatter the balloons around the house or room. Call out a color and allow the children to stomp and pop any balloon of that color. Once all the balloons are popped, have the child/children pick-up the popped balloons and place them in the trash.

**Modification:** Draw shapes, numbers, letters, or sight words onto balloons. Put balloons into pantyhose before blowing up, blow up and seal pantyhose to reduce contact with latex and reduce risk of putting broken pieces in mouth.

**FAMILY ENGAGEMENT**