

Balloon Hug Race

Materials

- ☐ Lots of medium-size balloons
- ☐ Large boxes or laundry baskets
- ☐ Optional: balloon air pump

Instructions

Divide students into teams. Have them line up on one end of the room. Place the balloons on the other side of the room in large boxes or laundry baskets. They can be all in one place or separated per team.

Students will take turns running to the balloons and picking up at least two of them. They will need to hug them tightly as they run back and hand the balloons off to the next person in line who will then run with the balloons and return them to the boxes. If any balloons drop, students must pick them up before continuing. The first team to go through their line first wins.

Option 1: Place an empty box at the start by each team. Place balloons on the other side of the room. The first two students on each team will run together, pick up as many balloons as they can and hug the balloons between them back to start, placing them in their team's box. Next pair runs and does the same. After everyone has gone, count up balloons. The team with the most in their box wins.

Option 2: Have students stand in a circle. Put all the balloons in the middle of the circle and allow students to see how many they can pick up and carry back to their place in the circle before time is up.

Suggested Discussion

Jacob was afraid Esau might be angry with him. When he heard Esau was coming with 400 men, he thought they were coming to attack him and his family!

But Jacob was surprised when Esau forgave him and hugged him instead. We played this balloon hug game to remind us that Jacob and Esau were reconciled. They hugged each other and could live in peace again.