

60 Second Challenge

Air Balloon

Can you keep trying even if you lose a life?

The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive



Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

Achieve Gold

Lose 0 lives



Achieve Silver

Lose 1 life



Achieve Bronze

Lose 2 lives

