

# Balloon Frantic

**“Balloon Frantic”** is a fun activity can be used to teach a number of different concepts as well as general problem-solving (it’s all in the way you frame it and debrief it):

- Goal setting
- Prioritizing
- Cooperation
- Decision making
- Conflict resolution
- Teaching the concept of using **metaphors**
- Population density and sustainability
- Any topic having to do with there being too much of something to manage without making plans and choices.

## **General Problem-Solving**

Give each person in the group three or more balloons. All balloons are to be blown up and tied off. Instruct the group that when you say go they are to keep all of the balloons in the air at once. Balloons may only touch people. Balloons may not be held, tied to anyone, or stuffed into clothing. They must be kept in the air by hitting them up. After the balloons begin to fall to the ground have the group make a plan and restart.

## **Other Concepts**

**Example: Develop a Full Value Contract:** After the balloons are blown up, provide Sharpie pens to the group. Have each person write one important attribute of a friend on each of their balloons. Start the activity as described above. After the balloons fall to the ground groups generally try to solve the problem by eliminating balloons with duplicate or comparable attributes. Following rounds generally result in prioritizing and eliminating less important attributes. When the group gets down to five to seven balloons, they have a good framework for their Full Value Contract.