

FINDING HAPPINESS

Balloon Object Lesson



Balloon Object Lesson

Super Fun object lesson on Finding Happiness!

Inflate a bunch of balloons (all the same color) and toss them into a hallway. (How many? Approximately 3 times the number of students you have...or more.)

Hand out one balloon to each child...use the same color as above.

Ask each child to inflate their balloon and write their name on it.
(Have them use a pen or light color marker...not a black Sharpie...that would be too easy to read from a distance).

Add the children's balloons to the ones that are in the hallway.

Gently walk through the balloons to mix them up.

Explain to the children that they will have 5 minutes (shorter if you have a smaller group or fewer balloons) to find the balloon with their name on it.

Children are not to help each other (no handing balloons out to one another or calling out to their friends)

Despite the hectic search, no one...or very few will find their balloon.

At the end of the 5 minutes (you may have to adjust the time or the number of balloons to fit your group) tell the children that “These balloons are like happiness.

We will never find it if everyone is looking on their own.

But if we care about other people's happiness...
we will find ours too.

At this point, give the children another 5 minutes to
find their balloons.

This time, tell your children to take the first balloon
that they find and hand it to the person whose name
is written on it.

Within 5 minutes, everyone should have their balloon.