



TEAMWORK

WEEK 2: CHARACTER DRILL ON TEAMWORK

AGE-SPECIFIC CHARACTER DRILL FOR AGES 3 to 5

DRILL: HIT THE BALLOON

"When you have teamwork, you know how to take turns. In this drill, you and your partner are going to take turns hitting a balloon in the air."

Steps:

1. Split your class into pairs. If you have several instructors, assign each instructor several pairs to watch. Blow up a balloon for each instructor.
2. The instructor will call up one pair at a time. The instructor will select one student to go first.
3. The student will either kick or punch the balloon into the air and their partner must kick or punch the balloon back.
4. Each person may only hit the balloon one time during their turn.
5. Continue until the pair hits the balloon back and forth 10 times between each other.
6. Repeat the drill until every student has a turn.
7. Compliment the students on how well they did at showing great teamwork by taking turns.