

BALLOON TENNIS WITH NANCY NECTARINE



WHAT YOU'LL NEED: A balloon

HOW TO PLAY:



12 MONTHS – 2 YEARS

Bat an inflated balloon towards your child and encourage them to catch it or bat it back / up in the air.

2 – 5 YEARS

1. Bat the inflated balloon towards your child and encourage them to bat it back.
2. Try to keep the balloon from falling to the floor for as long as possible.

NANCY'S TOP TIPS:

- Make a note of the high score and see if you can beat it next time you play.
- Other children can play along too. Get your child / children to count every time someone bats the balloon, to keep a score.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
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University Health Board



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Nutrition and Dietetics
Maetheg a Dieteteg
Caerdydd a'r Fro

NYLO

Nutrition For Your Little One
Maeth I'ch un bach