



**YOUTH
EDUCATION
STREAMING**



Boogie Ball!

This fun and easy activity will keep anyone active and entertained for hours!

Length: 10 Minutes

Difficulty: Easy

Supplies You Will Need

- Beachball
- Sharpie

ACTIVITY INSTRUCTIONS

1. Blow air into beachball, if needed.
2. Write active things to do all over beachball (i.e. do 5 jumping jacks/do your silliest dance).
3. Throw ball to someone.
4. Whatever action is closest to their right thumb, they must do.
5. Add prizes or challenges as desired.

