

Balloons

Float, Play & Fly Home

RAINBOW YOGA | AI-CREATED SAMPLE CLASS 2 Created with AI and refined with Gopala's teaching feedback.

45 minutes | Ages 7-9 | 12 children



One balloon. Four friends. A dance you make together. Illustration.

A real balloon becomes a yoga companion, a soft way to connect with a friend and a rescue mission for the ocean. Follow its journey from big, joyful movement to the tiniest rise of a breath, then let your imagination carry you home.

Your class journey: Wake Up, Little Balloons! 5 min; The Balloon Sun Dance 12 min; Draw Me With a Balloon 8 min; Sea-Turtle Balloon Rescue 6 min; Big Balloon, Little Balloon, Silent Balloon 4 min; The Smallest Balloon Voyage 3 min; My Balloon Can Take Me Anywhere 7 min. **Total: 45 minutes.**

Bring: 12 pre-inflated balloons and two spares, a pump for preparation, and music. Reuse the same balloons throughout. The quieter activities work with a roomy shirt that can loosely hold a balloon at belly level; hands can steady it over clothing instead.

The spirit of this class: Let the children change the wind, direct the touch and invent a better rescue. Demonstrate the simple version, give it time to become playful, then add a new possibility. The plan is a companion to your teaching, not a script that must outrun the children.

Before The Balloons Wake Up

Begin in a circle with comfortable floor space, then use the same room for six pairs and three groups of four. Show the children where spare balloons rest beside you. Collect extras there whenever a pair or group shares one balloon.

Prepare the props: Check latex and noise needs beforehand. Adults inflate the balloons with a pump and collect any broken pieces promptly. Keep uninflated balloons and fragments out of children's hands and all balloons away from mouths. Keep the real balloons indoors and never release them outside.

Make room for everyone: Invite chosen, friendly contact. A child may change their mind or ask for a different pressure, pace or movement. Seated and smaller movements can keep the same playful task. Arrange a suitable non-latex balloon when needed; if balloons themselves are unsuitable, agree an adapted class rather than pretending another prop feels the same.

Sound: Use buoyant, playful music for the greeting and Sun Dance. Lower it during partner instructions and the rescue. Let the last three activities unfold with your voice and natural room sound. Preview your music and choose clean tracks.

1. Wake Up, Little Balloons! | 5 minutes

Music: [Balloon Yoga playlist](#). Choose a buoyant greeting track; pause for the children to invent their winds.

Invite: "Our balloons are waking up! What sound does a very sleepy balloon make?"

1. **Become the balloon.** Leave the real balloon beside you. Kneel, ease your hips towards your heels and fold forward into **Deflated Balloon / Child's Pose**, resting your head comfortably. On an easy inhale, unfold into tall kneeling and open your arms. Soften down again with a loose "pffff" exhale.
2. **Change the character.** Repeat four times: sleepy, surprised, enormous, then delightfully wobbly. Let faces and sounds make each balloon different. Take an ordinary breath whenever you want one.
3. **Float and meet.** Rise through hands and knees, bring one foot forward, then stand. Pick up your balloon and drift through the room. Meet a friend, agree a soft balloon-to-balloon greeting, exchange a funny air sound and float apart.
4. **Let the children be the wind.** Two children each invent a wind and sound that everyone tries. Perhaps a slow, swirly wind or a very silly sideways breeze. Let the last wind carry you back to the circle.



Deflated Balloon: settle your hips towards your heels and soften forward.

Into the next adventure: "Now your balloon is awake, can it travel through a whole yoga dance with you?"

2. The Balloon Sun Dance | 12 minutes

Music: [Balloon Yoga playlist](#). Keep one playful track familiar through solo, partner and crew rounds; repeat as needed.

Invite: "Where can your balloon travel? In your hands, between your knees, with a friend, or in the middle of a whole little crew?"

1. Learn the phrase, 3 minutes. Hold your balloon in both hands. Stand tall, then step wide into **Inflated Balloon / Star**: open through your chest, keeping soft knees and letting your arms adapt to the balloon hold. Move into **Sideways Balloon / Warrior II** on each side: turn one foot out, bend that knee and keep the other leg long. The balloon may travel with your hands in front of you.

Soften your knees, fold from your hips into **Softly Folding Balloon / Forward Fold** and park the balloon beside your foot. Put your hands on the floor, step your feet back and lift your hips into **Balloon Mountain / Downward-Facing Dog**. Bend your knees as needed. Lower knees and hips into **Deflated Balloon / Child's Pose**. Come through hands and knees and half-kneeling to stand. Retrieve your balloon and repeat the phrase.



Sideways Balloon: the Warrior II leg shape. Let your arms adapt to the balloon hold.



Softly Folding Balloon: soften your knees and fold from your hips.



Balloon Mountain: press through your hands and lift your hips, with soft knees.

2. Change the hold, 3 minutes. Hold the balloon lightly between your knees in a narrow stance. Stand tall, soften your knees and rise again. Then take the balloon under one arm to try the wider Star and Warrior II shapes. What changes? Before folding, take the balloon into your hands and park it as before; retrieve it after standing again. Explore a light under-chin hold only while standing tall with a relaxed neck. Give a successful idea another turn rather than rushing through every hold.

3. Try a seated take-off, 1 minute. Sit, place the balloon between your ankles, lean back onto your hands and lift and lower your bent legs. Let it take off slowly, then return to the floor. Release the balloon before standing.

4. Dance with a friend, 2 minutes. Each pair keeps one balloon and parks its spare beside you. Share the balloon between your hands and repeat the standing phrase together. Decide who begins, then swap the lead. Notice your friend's hands and agree the pace.

5. Become a crew, 2 minutes. Make three circles of four, one balloon per circle; park the extras. With fingertips gently supporting the centre balloon, bend and straighten your knees together so it rises and falls. Try a smooth take-off and a soft landing.

6. Choose the final wind, 1 minute. A child chooses floating, wobbling or slow motion. Each crew repeats its centre-balloon dance in that wind. Finish with a shared landing and a cheer.

Into the next adventure: Make pairs again and collect one balloon per pair. "Your balloon has danced with you. Now it can help you discover the shape of a friend."

3. Draw Me With A Balloon | 8 minutes

Music: [Balloon Relaxation playlist](#). Use a soft track so partners can hear the route and respond to each other.

Invite: "Can your balloon listen? Your friend chooses the shape and the route. You bring the soft, rolling line."

Make six pairs with one balloon per pair. Demonstrate with a volunteer before everyone begins.

1. **Show one clear route.** The receiver makes **Sideways Balloon / Warrior II** and says, "My outside arm." Gently roll the balloon along that clothed or agreed outer-arm route, from shoulder to hand. The balloon really touches and rolls along the body; it is not just drawing in the air.
2. **Let the receiver direct.** Invite "slower," "lighter," "another route" or "finish." Change what you do when your friend asks. After about 30 seconds, release the shape and swap roles.
3. **Try a new shape.** Offer **Balloon on One String / Tree**: stand on one leg, beginning with the other toes down and that knee opening sideways. Or choose **Low Balloon Bridge / Tabletop**: hands under shoulders, knees under hips, back long and level. **Deflated Balloon / Child's Pose** is another option. Demonstrate a shape before asking children to use it.
4. **Make several little journeys.** Swap after each brief turn and choose a different route. For the final round, the receiver invents a comfortable, self-supported shape, names a starting point and directs the balloon: "Up my arm, around my shoulder, down the outer back beside my spine."
5. **Give a favourite once more.** Each friend chooses the route they most enjoyed. Offer it again, then thank each other for listening.



Balloon on One String: begin with the raised toes resting on the floor; lift the foot when ready.



Low Balloon Bridge: support yourself on hands and knees, keeping your back long.

Make the eight minutes generous: About 1 minute to demonstrate, 5 minutes of short turns and swaps, and 2 minutes to invent and revisit a favourite. The aim is the feeling of a responsive journey, not the largest collection of shapes.

Care through contact: Agree the route first. Use comfortable outer arms, legs or the clothed back, away from the face, throat and private areas. The receiver can release the pose whenever they need to. A seated shape works beautifully. For no-touch play, each rolls on their own arm while their partner follows the route on theirs.

Pose reference: [Watch Tree](#).

Into the next adventure: Release your shapes and form three groups of four with one balloon per group. "Our balloons are floating towards an imaginary ocean. Let's become a rescue crew!"

4. Sea-Turtle Balloon Rescue | 6 minutes

Music: [Balloon Yoga playlist](#). Choose a playful track for rescue rounds; pause it for every freeze and turtle scene.

Invite: "Sea turtles can mistake a lost balloon for food. If they swallow it, it can make them choke or block their gut, and they can die. That is why we work together to keep every balloon out of the ocean. Our real balloons stay indoors; this rescue is pretend."

Three groups of four use one balloon each. The middle of each little circle is the pretend ocean. Demonstrate a rescue, your freeze signal and the slow turtle scene before starting.

- 1. Choose a harbour master.** The other three children give the balloon soft upward taps, counting to five. Anyone may make the next tap. After five, the harbour master catches it: "Safe in harbour!" Swap harbour masters after every round, whether the catch worked or not.
- 2. If a balloon reaches the ocean floor, freeze.** Stop all three groups. Harbour masters collect and park every balloon beside you. Only when the balloons are still does everyone become a turtle: slowly sit and lower to the floor, resting still for three seconds as turtles that have died, while breathing normally.
- 3. Keep the meaning clear.** This short pretend scene shows what can happen to turtles; it does not mean one balloon kills a whole ocean. Nobody is out or blamed. Children can be seated turtles or harbour helpers instead. If the tableau is unsuitable for your group, keep the true explanation and use the helper role and a quiet pause.
- 4. Try a better rescue.** Say "New rescue!" Sit up and stand unhurriedly. Each crew chooses one improvement: softer taps, moving closer together or calling a friend's name before a tap. Harbour masters retrieve the balloons only when everyone is standing and ready. Try the change. Does it help your crew?
- 5. Give everyone a turn.** Continue until all four have been harbour master. Then choose a sea-current rule: left hands, alternating hands, or a gentle clap between taps. Demonstrate five left-hand taps and a catch, then let the crews replay their chosen current.
- 6. Finish with care.** Catch and park all balloons. Everyone makes a slow swimming gesture for a rescued turtle. "This one is swimming freely home. Let's keep our real balloons out of its ocean."

Make the timing work: Use about 1 minute to explain and show, 3 minutes for the rotating rescue rounds, 1 minute to test a current and 1 minute to finish and collect each child's balloon. Keep rounds short enough for every harbour master to take a turn.

Keep the movement clear: Soft upward taps stay clear of faces. The turtle scene is a slow change of level after balloons are parked, not a sudden fall. Do not act out choking or hold the breath. Each replay is a new pretend rescue, not a story about bringing a dead turtle back to life.

The real-world connection: Balloons and other marine debris can harm sea turtles when swallowed. Read more with [Biscayne National Park](#) and [NOAA Fisheries](#).

Into the next adventure: "The rescue is complete. Collect your own balloon and let the wind begin to soften. A much smaller journey is about to begin."

5. Big Balloon, Little Balloon, Silent Balloon | 4 minutes

Music: [Balloon Relaxation playlist](#). Start softly, then fade as movement and sound become smaller.

Invite: "Our enormous body balloons are becoming smaller... then quieter... until we can only feel the wind."

Make a loose shirt nest: Before lying down, each child tucks their own inflated balloon loosely under a roomy shirt at belly level, over an undershirt if worn. Children arrange their own clothing. Keep the balloon away from the face and neck, without tying or squeezing it. If the shirt is tight or tucking does not appeal, lightly steady the balloon over clothing with the hands instead.

1. **Big body balloon.** Lie comfortably with the balloon at the belly. For four or five easy breaths, let arms and legs open and lengthen on a comfortable inhale, then soften towards the body with a loose "pffff" exhale. Pause for ordinary breathing.
2. **Little balloon.** Keep the legs still. Let just the arms slowly inflate and deflate for four or five easy breaths. Allow a quiet pause.
3. **Whispering balloon.** Rest the arms. Let only the lips release a tiny air sound for three or four breaths. Make the last whisper as small as you like.
4. **Silent balloon.** Let the sound disappear. Notice several ordinary breaths without trying to make them bigger. There is nothing to win and no hurry to become still.

When hands are steadying the balloon: Keep them at the belly. Make the big movement with legs and shoulders, the smaller movement with shoulders only, then use the lips and silence. A seated version can use a small shoulder opening and release before the soft sound.

Into the next adventure: Stay resting with the same loose shirt nest or steadying hands. "The wind is quiet now. Can you find the smallest voyage your balloon can make?"

6. The Smallest Balloon Voyage | 3 minutes

Music: [Balloon Relaxation playlist](#). Keep this playlist queued for the next activity; use quiet here to notice ordinary breathing.

Show the real thing: Demonstrate with your own balloon loosely under your shirt. An ordinary breath gently moves its outline beneath the fabric.

1. **Look.** Watch the balloon's outline rise and settle for three ordinary breaths. If it is difficult to see, there is no need to lift the head or exaggerate the breath.
2. **Feel.** Rest fingertips lightly on the fabric over the balloon and notice three more breaths. "Your fingertips can listen too."
3. **Explore.** Is the voyage easier to notice by looking or feeling? Allow about a minute to investigate without a right answer. Eyes may remain open or rest closed. Notice the balloon beneath the fabric, then the room air on your cheeks.
4. **Prepare to travel.** Take the balloon out of the shirt. Hold it loosely or place it beside the body before the next activity.

Another comfortable way: Gently steady the balloon over clothing and feel it with fingertips, or explore seated with it loosely held against the belly. Keep the same task: noticing the small movement that is really there.

Into the next adventure: "We have discovered the tiniest journey. Now our imaginations can take us somewhere much farther away."

7. My Balloon Can Take Me Anywhere | 7 minutes

Music: [Balloon Relaxation playlist](#). Play softly during the imaginary flight, then fade for the long quiet rest.

Rest on the back or side, or comfortably seated. Let the real balloon rest loosely in a hand or beside the body, never tied on. Children may choose an imagined destination or simply enjoy resting.

Read slowly. Leave 15-25 seconds at each pause, about two minutes of stillness after arriving home, and an unhurried return to sitting.

"Feel the floor holding you. Your balloon rests softly in your hand or beside you. In our imagination it grows just big enough to carry us. You feel a gentle lift... and the roofs below become tiny. [Pause.]

"Your friend's balloon drifts beside yours. Perhaps you exchange the funny soft hello we invented. A warm wind carries you over rivers that curl like ribbons and forests that look like green cushions. [Pause.]

"Below is the ocean. You see a sea turtle swimming through clear water. Remember our rescue? Imagine waving as it swims freely home. [Pause.]

"Your balloon knows a secret path beyond the clouds. Perhaps it takes you around the moon, past a rainbow planet, or to somewhere only you can imagine. Choose your place. Stay there a little while and discover its colours and sounds. [Pause.]

"When you are ready, the balloon turns towards home. The journey grows slower. The wind becomes a whisper. Your balloon lowers you gently into this very room. Feel the floor under you again. There is nowhere else you need to travel now. [Long quiet rest.]

"Begin with tiny movements in fingers and toes. Stretch if you wish. Roll to your side, pause, and come up slowly. Our balloons have brought us home together."

Close the circle: Offer one gentle balloon-to-balloon greeting or a wave. Gather every balloon indoors for reuse and thank the crew. "Thank you for the winds, the care and the journeys we made together."

Keep The Journey Yours

Follow the children. Stay with an experiment that is working and shorten an optional repeat when needed. Protect the quiet ending so the class has time to land.

A 30-minute class: Arrival 3; Sun Dance 7; Draw Me 6; rescue 4; breathing 3; voyage 7. Omit the separate mindfulness section. For a calmer class, shorten the airborne rescue and use that time for gentle tracing and rest.

More playful energy: Add a child-invented rescue current by shortening an optional Sun Dance hold experiment, rather than taking time from the ending.

Prop preparation reference: [CPSC balloon guidance](#).

Ready for your next adventure? Explore [Rainbow Yoga Class Builder](#) and shape a class around your children, your theme and your time.

Music For Balloons

Open the playlists before class. Listen through your chosen tracks, queue the passages you want and turn off shuffle. Preview lyrics, volume changes and any adverts for your group. Links open in Spotify; account access and availability can vary.

Let music serve the connection: Lower or pause it for demonstrations, conversation and shared acro. Repeat a passage when an activity needs longer; finish the movement together rather than rushing to a musical cue.

1. Wake Up, Little Balloons!

[Balloon Yoga playlist](#). Choose a buoyant greeting track; pause for the children to invent their winds.

2. The Balloon Sun Dance

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3. Draw Me With A Balloon

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