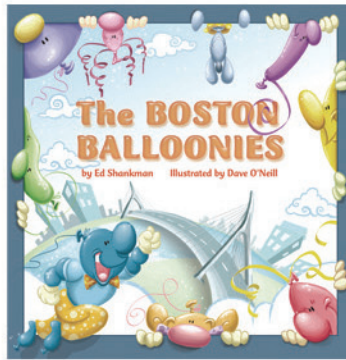

The Boston Balloonies

By Shankman & O'Neill



This lesson plan has been developed by Miriam Shankman (a specialist in movement for early childhood) and Ed Shankman, and is intended to enhance the storytime reading of "The Boston Balloonies."

Classroom Activities

Inflating Like Balloons (A breathing exercise)

Begin by squatting. Slowly, breathing in, grow taller and wider, arms stretched into a circle (in front or overhead), filling the whole body with air.

Next, slowly release the air, growing gradually smaller until returning to the starting position.

Repeat several times.

For a fun variation, try releasing air (and collapsing) quickly, while imitating the sound of rapidly escaping air (shhhhhhhhhh; or for extra laughs, stick the tongue out and go thhhhhhhh).

Floating Like Balloons

Prop: Triangle and/or recorded music with a light, airy theme

As you did with the previous activity, begin by squatting and then "inflate," growing taller and wider.

Once everyone is fully inflated, tell the children that the balloon will now fly all around the sky. Begin moving in a slow, light motion around the room – feeling as light as you can, and concentrating on lightness.

A triangle creates a very light sound that will provide a great background for this activity. Or, you may find a musical selection that you find particularly appropriate. Or, you can make up a story of all the places that the balloons float to and what they see on the way. You can follow sections of the book or create your own story. The children may have ideas too. What do they see from up here? Where do they want to float to next?



Popping Like Balloons

Prop: Hand drum

Tell the children that this time the balloons will pop, and that a beat of the drum will signal the popping of the balloons. Instruct them to explode, shout “boom,” and collapse when they hear the drum.

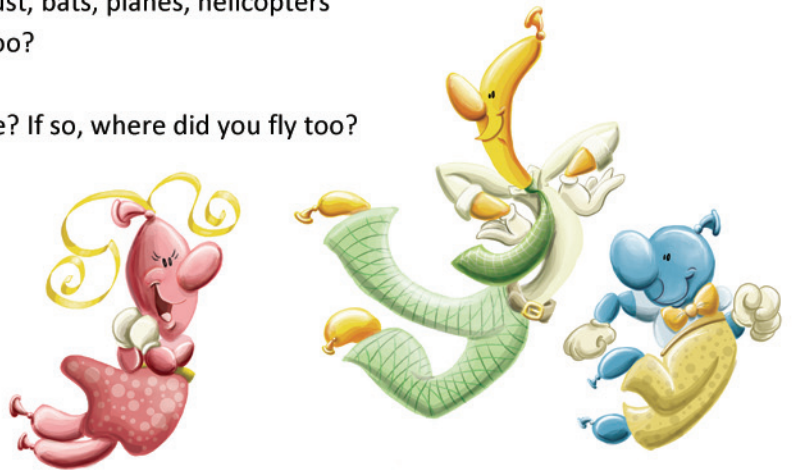
As you did with the previous two activities, begin by squatting and then “inflate,” growing taller and wider.

Once everyone is fully inflated, hit the drum to signal that the balloons have popped and let the children collapse to the ground, shouting “boom.”

Repeat several times.

Conversation Topics

1. The Balloonies float through the air. What else moves through the air?
 - a. eg, birds, flies, bees, pollen, dust, bats, planes, helicopters
2. If you could fly, where would you fly too?
3. Can people fly?
 - a. Have you ever been on a plane? If so, where did you fly too?



If you enjoyed *The Boston Balloonies*, look for “*I Met a Moose in Maine One Day*,” also by Shankman & O’Neill and available on amazon.com, and “*The Cods of Cape Cod*” (due out this spring).

