

# 60 Second Challenge

## Air Balloon

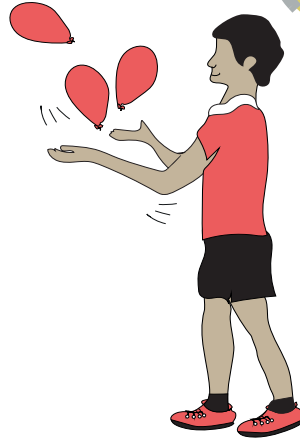
Can you keep trying even if you lose a life?

### The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



### Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

#### Achieve Gold

Lose 0 lives



#### Achieve Silver

Lose 1 life



#### Achieve Bronze

Lose 2 lives

