



## Zip-lock Challenge

For this game, you need a zip-lock or plastic grocery bag and a place to move around.

Get a zip-lock bag or a grocery bag and blow into it so that it gets full of air. Seal it off so that no air can escape.

push the bag into the air using your palm and try to keep volleying it (hitting it before it touches the ground) as long as you can before it lands on the floor or any surface in your home.

Time yourself to see how long you can keep it up.

This game can be played by yourself or with your family.

(This game will be more difficult if you use a smaller bag)