



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

Make a hacky sack, then practice to become a hacky sack master!

Equipment required

3+ balloons
Funnel
Rice/sand/small beads

Time required

To make: 10-30mins

To play: as long as you want!

HACKY SACK

Hacky Sack became popular in America in the 1970's, but the game concept can be found much earlier than that, crossing many cultures and using all sorts of items.

Whatever you play with, and whatever you call it, the concept remains the same – keep the object off the ground for as long as you can. It's a great way to increase your balance, agility, coordination and foot control skills.

Make your hacky sac

1. **Stick a funnel into the neck of a balloon.** Get a round, uninflated balloon. Stretch the opening wide and push in the end of a funnel.
2. **Fill the balloon with sand, rice, small beads or other materials you have at hand.**
3. **Cut off the neck.** Remove any dangling rubber, to make the sack spherical.
4. **Cover with several more balloons.** Pull another balloon over the exposed hole and around the whole ball. Cut off the neck. Repeat, using at least 3 balloons in total – the more you use, the stronger it will be.



Hacky sacks can also be crocheted, knitted or sewn out of old socks – get creative and use what you have at home.

Get playing!

- See how many hits you can get in a row.
The world record is 63 326 consecutive kicks!
- How many different parts of your body you can keep it up with?
- Get your family involved. Gather in a circle and see how long you can keep the hack sack in the air for.
- Try variations – hot potato (everyone hits it once), numbers (each player needs to hit it one more time than the last player) or knockout (you miss, you're out!)

Sources: <https://www.wikihow.com/Make-a-Hacky-Sack>
<https://kicksack.com/kicking-games/hacky-sack/>

This information is not for sale. It is for educational purposes only.

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