



## Physical Class Game – The Heavy Balloon Relay – SSSSB Story 017



**Materials :** The Burden [The Lie] bag, “The Truth” box

**How to Play:**

1. **The Burden (The Lie):**

- Divide the children into two teams.
- Give the first player of each team a large, slightly heavy object – such as backpack labeled **“The Lie.”**

2. **The Race:**

- The children must race to the other side of the room/playground.
- The child who carries heavy object- looks “sad and heavy” (slouched shoulders, frowning face) because *“when we lie, it stays heavily in our hearts.”*
- While other children run happily and lightly.

3. **The Guru's Corner:**

- In the middle of the room stands/playground a volunteer acts as the **“SSSSB Guru”**.
- As the children pass by, the Guru calls out: *“Truthfulness and honesty are your greatest strengths! Speak the truth and be free!”*

4. **The Confession & Relief:**

- At this point, the child drops the heavy object into a basket labeled **“The Truth,”** and shouts *“I am sorry, Now I tell the truth!”*.
- He is now handed something light – balloon or feather or a paper.

5. **The Joyful Return:**

- The child skips, laughs, and runs back to their team completely relaxed and happy, high fiving the next player.