



## Moving with Bubbles

- **Body Part Bubble Pop!** Starting with an adult blowing bubbles, have children pop the bubbles using a specific body part. Start simple with fingers, fists, and heads, then move to more advanced body parts like elbows, toes, ears, and noses. This activity helps with body part recognition and gross motor development.
- **Timed Bubble Pop.** Teachers or parents, gather the bubble supplies and start blowing bubbles. Children, it's a race! Try to pop as many bubbles as you can within a specific amount of time. Jump, run, skip, and hop to pop the most bubbles. Whoever pops the most within a specific amount of time wins that round!
- **Blow & Catch with a Wand.** To do this activity, every child and adult will need a bubble wand. Hold your wand flat so you can catch the bubbles. Adults, start blowing bubbles. Kids, try to catch as many bubbles as you can using your wand!
- **Bubble Races!** Create a racetrack using cones, painter's tape, pool noodles, or a similar item. Adults, blow a big bubble and place it on the child's bubble wand. Children, once the bubble is on your wand, try to balance the bubble while moving through the racetrack. If you drop your bubble, finish the race course first, then get a new bubble from your teacher! Children can experience a variety of locomotion patterns doing this activity including jumping, moving from side to side, and running!
- **Imagination bubbles.** This activity does not use real bubbles, but imaginary bubbles! In this activity, we're going to pretend our bodies are bubbles. Start by having everyone stand in their own space with their arms stretched out wide. Adults, use music to control the pace of the game. When the music starts, everyone begins moving slowly so as not to bump into anything. Don't hit a wall, person, or an object! If you accidentally bump into something, your imaginary bubble pops—curl up into a ball on the ground for 5 seconds. Then, slowly get up and start gently touching others so they can also pop like a bubble.
- **Swat the Bubble.** Children, hold the pool noodle like a baseball bat. Get ready to pop the bubbles! Adults, slowly blow bubbles towards the child with the pool noodle. When the bubbles approach, swing your pool noodle at the bubbles to pop them! Ideal for building muscle coordination, self-regulation, and fine motor skills.