**Bubbles**

**EXPLORE:** Bubbles are a great, fun and also calming activity that will help your child to develop hand-eye coordination, gross motor skills, language, tracking and fine motor skills.

* **Reach and touch:** blow the bubbles and encourage them to follow the bubbles with their eyes then using their hands and fingers pop and swoosh the bubbles using a clap, pointing or swooshing motion.When they pop the bubble, model language saying ‘pop’.
* **Anticipation:** once you have blown bubbles a few times for your child, use ‘*ready, steady…. go’,* pause before you say *‘go’* to see if your child is anticipating what will happen next. Use simple language e.g. *pop, pop, pop* and model how to pop the bubbles. Pause and ask them if they would like more bubbles wait for a response before you blow more.
* **Language:** pop, more, again, big, small, blow.

**EXTEND:**

* **Big or small:** Encourage language by asking them if they want to pop big bubbles or small bubbles. To blow big bubbles blow very slowly into the wand.
* **Modelling blowing:** model and give them the opportunity to use the wand to blow the bubbles. If this is too tricky encourage them to move the wand quickly backwards and forwards to create bubbles or catch a bubble on the wand and encourage them to blow it.
* **Popping using different body parts:** Give instructions for your child to pop the bubbles using their finger, whole hand, head, knee, foot, elbow, nose etc. This will encourage listening and gross motor skills.
* **Game:** bubble storm- blow bubbles all around your child then encourage them to run and catch them, stand on tip toes and reach to pop them, jump and stomp on the bubbles.
* **Counting:** blow the bubbles slowly and encourage them to count the bubbles as they pop them.
* **Turn taking:** encourage your child to take turns blowing then popping with you or an older sibling “my turn, your turn”.

Photograph of child blowing bubbles.
