

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



Bubbles

Bubbles are an easy 'bring along' activity and good to have handy when children may have to wait.

Did you know?

Focused, slow, controlled bubble blowing helps slow and control breathing, which in turn calms the body and mind. Blowing bubbles can be calming for both children and adults.

Add language

Bubbles outside can be great for talking about the effects of the wind e.g. speed and direction. You can talk about their size and colours in the bubbles. This all builds the language for maths and science concepts.

Other development

Playing with bubbles is a great way for your child to develop and practice their fine motor skills.

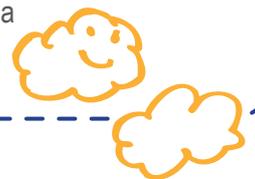
They practice:

- opening and closing the bubbles bottle
- holding the skinny bubble wand in a pincer grasp
- coordinating two hands together to hold the bottle and dip in the wand
- bringing the wand up to their mouth without their mouth touching the wand

It takes a lot of practice to coordinate what the eyes are seeing and the hands are doing to accurately dip and blow bubbles with a wand. But bubbles are so much fun and children are so delighted by the bubbles that they tend to persist!

Variations

Children will love experimenting with bubble wands of different shapes and sizes. Try blowing through a straw into a container of bubble mix. Add some food dye for even more fun!



- 📖 Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at www.playgroupwa.com.au/playideas or visit www.facebook.com/playgroupwa