

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 a perfect activity across the ages for playgroup. Babies can watch from an adult's arms, tracking the movement of the bubbles, while younger children chase and pop the bubbles blown by older children and adults. Bubbles are a great way to break the ice for new children at playgroup. Bubbles can bring lots of energy to a group as they have fun together.



### Did you know?

Taking turns when blowing bubbles is a playful way to build patience and sharing. Children learn to wait, take turns and share.

### Emotional Development

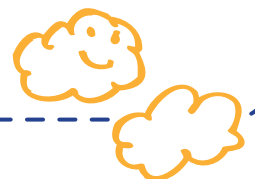
Bubbles give lots of opportunities to encourage resilience and persistence. You can help develop these coping skills in young children by using positive self-talk to work through challenges e.g. "Oh it didn't work... try again" "Oh it spilt, let's see if we can fix that by getting some more."

### Other Development

Playing with bubbles gets children using many science skills through investigating, experimenting and observing.

### Variations

Giant bubble wands can be fun for a big group to use together. They can be a great attention grabber at a community event. Make bubble sculptures by blowing through a straw into coloured bubble mixture in a cup. About half a cup of bubble mixture should be enough. As the children blow into their cups, a mountain of bubbles will rise from their cup.



- 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](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)