

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

**Blowing bubbles is a great way to take time out. You can blow the bubbles for your child or try taking turns.**

### Did you know?

Bringing the lips together and blowing helps toddlers use this movement in speech. Blowing is good practice at controlling the muscles of the mouth and regulating breathing.

### Add language

Try waiting before you blow the bubbles, encouraging your child to ask for “more”.

As your toddler gets a little older and can take turns blowing, you can practice phrases like “my turn”; “more bubbles; “my turn to blow”. This helps them build longer sentences.

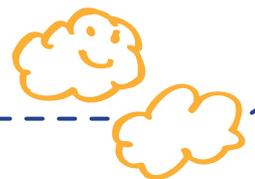
### Other development

Chasing bubbles and trying to catch and pop them is great for your toddler’s motor development. Your toddler is using whole body movements to run, jump and stretch to reach the bubbles. They practice balance and coordination as they quickly change direction when the bubbles move in different directions.

Catching bubbles helps toddlers to judge direction and distances. This helps their eye hand coordination and their early maths and science skills.

### Variations

Try popping the bubbles in different ways to practice different skills. Popping with a pointer finger, clapping between hands, or stomping on them all use different motor skills.



- 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)