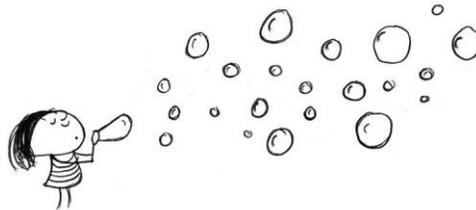


## Children's Corner

NATIONAL BUBBLE WEEK – March 17-23, 2019

# HAPPINESS IS



**...blowing  
bubbles.**

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### **Children of all ages (and adults) should play with bubbles because...**

1. Bubbles are fun and magical!
2. You can play with bubbles inside and outside!
3. Bubbles help develop children's skills –
  - Fine motor skills and eye-hand coordination – Children pinch the wand, hold the bottle with one hand and dip with the other, try to grab bubbles with one hand, or clap them using two hands – All get their hands and eyes to work together
  - Vision – Children follow where the bubbles go starting with infants.
  - Language skills – so many words and so much to talk about
  - Social skills – Children practice taking turns and not bumping into each other
  - Oral motor skills – Blowing bubbles is good exercise for children's mouths and helps muscles needed for speech to develop
  - Directional concepts – up, down, high, low, small, large, near, far...
  - Gross motor – running, jumping, reaching, kicking
4. Bubbles are a sensory experience; they are wet, slimy, and sticky.
5. Bubbles do not stain clothes or furniture.

### **Fun Ways to Play with Bubbles**

1. Start out with practicing – Give children a cup of water and a straw and have them make water bubbles. You can use bubble solution but first use a pin to make a little hole near the top of the straw, so that children cannot inhale the bubble solution.
2. Little mouths may find it difficult to use a small bubble wand. **MAKE YOUR OWN** out of pipe cleaners in all kinds of shapes, metal hangers (duct tape the hanger hook), plastic

tubes of all sizes (watch for sharp edges), colanders, large slotted spoons and spatulas, and anything with holes.

3. Plastic bottle blowers (great for toddlers) – Cut off the wide end of a plastic water bottle, being sure to leave no points or rough edges. Stand the bottle in the shallow dish of bubble solution, allowing it to soak up solution for a few seconds. Blow into the smaller end.
4. Have a bubble race. Blow many bubbles and see which one crosses the finish line first.
5. Bubble art – Set out one bowl for each color of paint you will use. Pour one cup of bubble solution into each bowl and add a teaspoon of tempera paint to each. Stir. Have the child select a color and blow a bubble toward you, but first use a pin to make a little hole near the top of the straw, so that children cannot inhale the bubble solution. Your job is to "catch" the bubble, so it pops on the paper. The bursting bubble creates a unique splatter. Layer colors to make cool patterns. Switch roles and have fun seeing what designs you can create.
6. Eat foods with bubbles like Swiss cheese and pita bread.

Resources for this article:

- *11 Benefits of Playing With Bubbles,* <http://mamaot.com/2012/08/28/11-benefits-of-playing-with-bubbles/>
- Early Childhood News, "Bubble, Bubble, Pop! Exploring the Magic of Bubbles, Angie Dorrell, [www.earlychildhoodnews.com/earlychildhood/article\\_view.aspx?ArticleID=211](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=211)