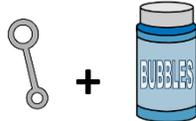


# Gross Motor Skills Using Bubbles

**Information:** Gross motor skills are large movements of our body, including the movement of our arms, legs and trunk of our body. Playing with bubbles can be a fun way to work on our breathing and gross motor skills on our own or by playing with a friend 😊

## Before you begin...



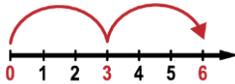
You will need to have liquid bubbles and a bubble wand to play with.

## Breathing tips:

You will need to control your breathing to blow bubbles. If you do not use enough air, no bubbles will form. If you use too much air too fast, the bubbles will burst! Blowing bubbles is like blowing air through a straw. A gentle, continuous stream of air will make the most and biggest bubbles!



With the straw in your mouth, take a big breath in through your nose. Then, gently breathe out a steady stream of air through the straw. As a little exercise, take a deep breath in and try blowing air out for 10 seconds through the straw!



## 1. Blowing Bubbles:

**Step 1:** dip the bubble wand into the liquid bubbles. Make sure you dip the bubble wand so the small circle part is fully submerged/under the liquid bubbles.

**Step 2:** remove the bubble wand from the liquid bubbles and bring the small circle part of the bubble wand in front of your mouth – but do not touch the bubble wand to your mouth or else you will get liquid bubbles on your lips!!

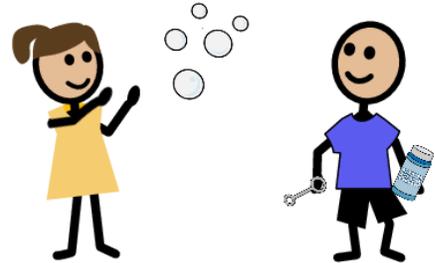
Remember to breath gently breath out a steady stream of air as if you are blowing air through a straw. Count how many bubbles you can blow with a single breath!



## 2a. Popping bubbles using both hands:

Once you are done blowing bubbles, gently place the bubble wand back into the liquid bubble container. Now try popping as many bubbles as you can before they hit the ground by clapping both your hands together!

If you are playing with a friend, then you can take turns and have one person blow the bubbles and the other be the popper!

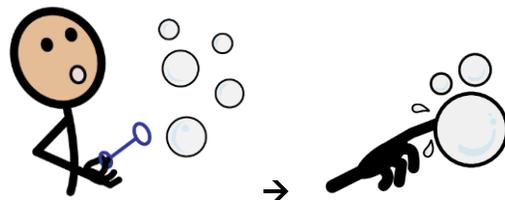


## 2b. Popping bubbles using one finger:

With one hand you will be holding the bubble wand and the other hand will be your "free hand". Once you are done blowing bubbles, try to pop the bubbles using one finger of the free hand.

For example:

Left hand holds bubble wand – Right hand pops!



Switch it up!

Right hand holds bubble wand – Left hand pops!

### 2c. Popping bubbles using your feet:

Once you are done blowing bubbles, place the bubble wand back into the liquid bubble container and place the container on the ground. Now try popping as many bubbles as you can before they hit the ground by kicking the bubbles with your feet!

All the popping bubbles game can be played on your own or with a friend!



### Extra Activities:

#### Bubbles in the bubble bath!

Playing with bubbles can be messy sometimes, so blowing bubbles in the bath can be an easy and fun place to play with bubbles!



### 3. Making bubbles with movement:

A different way to make bubbles is with movement. Step 1 is the same as blowing bubbles – dip the bubble wand into the liquid bubbles. Step 2 – instead of using your mouth to blow bubbles, you can gently swing your arm through the air to make bubbles! This can get messy, so this might be a good outdoors activity!



***If you have any questions, please contact the physiotherapist at MFNERC.***