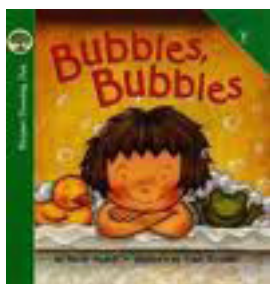**move**

Blow and pop

Let's play and talk together

❖ Help your child explore blowing. Blow on different parts of your child's body, such as a hand or arm. Invite your child to blow in the air and on your hand. Talk about how it feels.

❖ Show your child how to blow through a straw into a cup of water. Watch the bubbles and talk about them.

❖ Blow soap bubbles into the air. Encourage your child to chase the bubbles and pop them with hands or feet.

A good read-together book

Bubbles, Bubbles by Kathi Appelt

Hints for success

❖ Blow gently at first.

❖ As you play with bubbles, talk about what the bubbles look like and what happens to them.

You will need a straw and a cup of water, some bubble solution, a bubble wand and an outdoor play space.

Blowing bubbles into a cup can help your child learn to blow and to use a straw. Chasing bubbles develops eye-hand coordination and movement skills such as running and jumping.

Show me how you make bubbles in your cup.

Look! Can you catch that big round bubble?

Ways to say it

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More ideas for Blow and pop

Try this way

❖ Try different ways of making bubbles such as splashing soapy water into a tub or bucket.

❖ Add bubble bath to an outdoor play pool in warm weather and encourage your child to have fun splashing and blowing bubbles into the air.

❖ Blow bubbles in the tub during bath time. Encourage your child to pop them with his or her hands.

Counting

Blow some bubbles and watch them float and fall. Count them as they pop.

Strengthening bones

Explore bubble wrap with your child. Tape the edges of the bubble wrap to the floor and encourage your child to jump and stomp on the bubbles.

Let's make—bubble mix

What you need:
- 5 cups of water
- ½ cup of liquid soap
- 1 tablespoon of glycerin (can be found in a pharmacy)

How to:
1. Pour the water into a bowl and add the liquid soap and glycerin.
2. Stir slowly until mixed.
3. Let the mixture sit a while before using.

To make a bubble wand, take a pipe cleaner and bend it into any shape you wish.

Safety tip

Choose an area with a non-slip surface for chasing and catching bubbles.