



Bubbles can create fun ways for kids to use their crafting skills, imaginations, and science smarts. There are plenty of fun games too, which will help kids get the recommended daily 60 minutes of physical activity.

BUBBLE TEST

- Practice different ways of blowing through the bubble wand—gently or forcefully, fast or slow
- See how the bubbles pick up the colors around them
- Try attaching multiple bubbles together on one wand
- Pass a bubble back and forth between teammates
- Experiment with making a very big bubble or make your own bubble wands

BUBBLE CHASE

- See how the wind affects where the bubbles go
- Compare what happens to big bubbles and small bubbles in the wind

BUBBLE UP

- Blow as many bubbles as you can up into the air
- Try to keep bubbles in the air or from popping by blowing on them in an upward direction

WATER BOTTLE BUBBLES

- Use a bottle and dip the mouthpiece into the soapy solution then squeeze the bottle to form a bubble
- Cut a small hole in the bottom of the water bottle to use as a mouthpiece. Dip the bottle neck into the soapy solution and blow through the newly created hole in the bottom.
- Cut off the bottom of the water bottle and dip into the solution and blow through the mouthpiece

FLOATING BUBBLES — MOVEMENT FOSTERS BOTH EMOTIONAL REGULATION AND CREATIVITY!

- Pretend to float around like a bubble. Begin as a small bubble to a large bursting bubble.
- Imagine you are a bubble blown by a gentle wind then a hurricane
- Act like other items you can think of that float. (leaf, butterfly, clouds). Turn this into a game of charades by having your friends and family try to guess.

BUBBLE ART

Create your own bubble paint mix! In a cup, mix 1 cup of water, 4 tablespoons of liquid soap and 8 tablespoons of tempura paint in your color of choice. Let this mixture sit for 30 minutes before using. Add more soap or water if needed.

- Set the cup on a piece of paper like a placemat then use a straw to blow into the bubble paint until it overflows onto your paper. Let dry.
- Blow bubbles into the cup, place your paper on top of the bubbles and gently press down. Lift and let dry.
- Lay a piece of paper on the ground or ask a friend to hold it and use a straw or bubble wand to blow bubble paint at your paper to make cool designs. Lay flat and dry.

BUBBLE FREEZE

Make sure there's room in your freezer for a paper plate. Blow bubbles on the paper plate and put them in the freezer before the bubbles pop. Check on them to see how "cool" they come out.

For questions or more information, call (574) 364-2496 or email CommunityEngagement@goshenhealth.com.



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