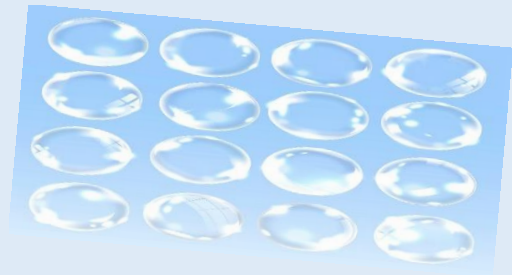


Let's have some bubble fun this week.



As well as being great fun bubbles provides great opportunities to support developmental skills, for example; fine motor skills, visual tracking skills, hand/eye coordination, sensory processing skills, social and communication skills, and identifying body parts.

It is also a good calming activity as it forces the young people to slow down, take deep breathes and focus on their breathing.

Here are some ideas for having fun with bubbles and a simple homemade recipe for you to try.

Bubble mixture:

Prep 5 minutes

- ✚ 350ml water.
- ✚ 2 teaspoons of sugar.
- ✚ Mix until sugar is dissolved.
- ✚ 150ml washing-up liquid.

Method:

- ✚ Pour 350ml water into measuring jug.
- ✚ Add 2 teaspoons of sugar.
- ✚ Mix until sugar is dissolved.
- ✚ Gently add 150ml Fairy Original washing-up liquid.
- ✚ Stir gently until completely mixed.

Note: If your young person has sensitive skin you can use which ever bubble bath they would normally use.

Activity suggestions:

- ✚ [Invent your own bubble wands:](#) Why not try using different household items as bubble wands, ie fly swatters, whisks, tennis rackets, straws, plastic funnel, fish slice etc.

- ✚ [Make double bubbles:](#) Put a spoonful of bubble mixture onto a tray or flat kitchen surface and add a teaspoon of water. Put a straw into the bubble mixture and blow through it gently to make a dome shaped bubble. Blow again to make another dome shaped bubble inside your original one. Now you've got a double bubble.

- ✚ [Make bouncing bubbles:](#) To make the bubbles bounce you need to wear soft gloves, blow the bubbles gently, and let them softly bounce on your hand.

- ✚ [Make bubbles with your hands:](#) Make a circle using your finger and thumb. Dip it gently into the bubble solution and try blowing a bubble. Next you can try cupping both hands together and dipping them into the bubble solution. Try blowing a bubble with a triangle or diamond shape using your hands. Make sure you wash your hands after doing this.

- ✚ [Bubble trumpet:](#) Take a soft drink bottle and carefully cut around the top third of the bottle. You have now created both a bubble trumpet and a container to keep your bubble mixture in.

- ✚ [Rainbow soap foam:](#) Follow the recipe above but add some food colouring, put it in a bowl and use a mixer on the highest possible setting for 1-2 minutes. Your foam should be able to form stiff peaks that hold their shape.

I would love to see some photos, you can upload them on evidence for learning for me to see.

Have Fun

Pam