

# Bubble Chase

Encourages running and develops spatial awareness



Shiny, rainbow bubbles are always a winner with kids and guaranteed to get them moving - reaching, running, jumping, kicking and catching - all while developing hand-eye coordination and spatial awareness. On windy days they zoom off - encouraging your child to run quickly! Bubble wands are cost effective fun and easily refilled, or make your own with washing up liquid and a pipe cleaner.

**Babies** enjoy bubbles too! Their eye catching and slow moving nature helps your child learn to use their eyes and develop visual skills. Visually tracking bubbles encourages head turning during tummy time.

**Play idea variation:** If you run out of bubble mix at playgroup - ask the kids to pretend to be bubbles, blow them away, and the parents can then chase after their bubble kids and pop them with a hug.



## Develops joyful running

Bubbles provide motivation to move, run and chase.



## Develops hand-eye coordination

Catching and popping bubbles develops basic movement skills.



## Develops oral-motor skills

Blowing develops muscles in the jaw and mouth.

**For more tips and ideas** go to [fb.me/MightyMoversCBR](https://fb.me/MightyMoversCBR) or [bluearth.org](https://bluearth.org)