

Healthy Movers

Pop the Bubbles



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Pop the Bubble activity card. This encourages children to travel around in different ways: on their tiptoes, marching, walking tall, stomping and also to jump up high. Jumping uses a lot of energy which is natural for children, but it also helps with balance and body control development.

Ask your child to show you:

- ☐ how they tiptoe, march, walk tall and stomp;
- ☐ how they can jump up high and clap their hands; and
- ☐ how they can call "Pop" clearly when they clap their hands.

Join in with them; children love to see adults having a go. If you have a bubble wand you can produce bubbles in the air and join in as your child jumps and pops them.

Encourage the children to practise moving and jumping high safely each day; repetition helps movements to become automatic.



Healthy and Happy me

Pop the Bubbles activities get the heart pumping and provide a feel-good factor when popping bubbles.



Social me

These activities enable children to observe each other and congratulate each other when they pop a bubble.



Physical me

These activities help to develop ways of moving, walking, jumping, leaping, marching and stomping at different speeds and levels. They also support strength and power as the children jump.



Creative me

Pop the Bubbles activities provide links to many other topics and themes such as weather, wind, weights, and sounds.



Thinking me

Children can practise observing, planning and predicting skills when reaching to pop bubbles.



Did you know?



Jumping is a great activity for helping a child develop. Not only is jumping an enjoyable activity that is a movement associated with fun and excitement, it also uses both sides of the body and when it does this it uses both sides of the brain too, which is great for developing brain connections. Get them jumping!