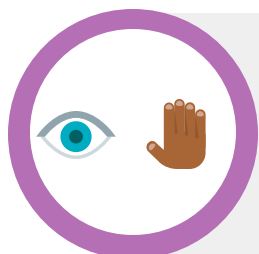


The benefits of bubble play

Bubbles are not only a lot of fun but they also support a lot of learning opportunities for children. Just be mindful of the fact that they have soap in them and need to be kept out of eyes and mouths and therefore need close supervision.



Hand-eye coordination

As children try to catch, pop or touch the bubbles they are developing their hand-eye coordination by seeing an object and directing their hands towards it. As bubbles are so soft this is a great way to develop this skill without risk of injury from objects like balls.



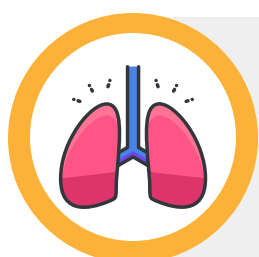
Crossing the midline

Trying to catch bubbles encourages children to get their hands over the middle of the body as they reach. Crossing the midline is important for children to support the connection of the different halves of the brain which is necessary for all developmental areas.



Relaxing

Bubbles can be relaxing for children to watch and this can calm children down who are upset or anxious. Bubbles are also a simple way to redirect children's attention and can change their mood. Blowing bubbles also supports deep breaths with children which is calming.



Connection to body

Learning to blow air out of the body intentionally (as opposed to breathing) is a great way to develop children's understanding of how to use their body and understand this connection. Encouraging children to try and blow the bubbles themselves supports this connection to body.



Science skills

Children can discuss how they think the bubbles are happening (hypothesise), try and experiment with the amount of bubbles, size of bubbles etc. This is a great science experience for older children to learn through play.