



MESSAGE IN A BACKPACK™

Bubbles

Family Play Plan

Bubble play is just plain fun. And it helps children cooperate, take turns, and solve problems.

Support your child's learning by talking about what's happening: "You blew a huge bubble," "The bubble floated away and popped," "You were very patient waiting for your turn." Ask simple questions: "Can you make it bigger?," "What is the wind doing to the bubbles?" Watch your child play to see what interests him. It'll also help you figure out what questions to ask to expand his learning.

Make your own bubble mixture or buy some. Use it with these bubble games.

Photograph: © Getty Images

Bubble Solution Recipe

INGREDIENTS

- 6 cups of water
- 1 cup dishwashing liquid (Joy and Dawn work really well!)
- 1/4 cup corn syrup or 1 tbs. glycerin (available at drugstores)

DIRECTIONS

Pour dishwashing liquid into water and slowly stir. Try not to let foam or bubbles form while you stir.

Add corn syrup or glycerin and stir gently until combined.

Now it's ready for blowing bubbles!

Bubble Games

Bubble relay

Use one plastic bubble wand and the bubble mixture. Family members stand in a line. The first person blows a bubble and passes the bubble and wand to the next person. (If the bubble pops, the child blows another bubble and passes it again.) Ask your child to predict how many times your family can pass the bubble without popping it.

Bubble tag

Use one plastic bubble wand and the bubble mixture. The person who's *it* uses them to tag others with bubbles instead of hands. Bubbles must land on another player to count. Play in a small space so children are able to tag others.

Bubble obstacle course

Make a start and a finish line and create a course using milk jugs. Have family members line up on either side of the course. The child who is *it* moves from start to finish dodging bubbles, trying not to let any bubbles touch him. First, one person blows bubbles. If the *it* child successfully reaches the finish line without a bubble touching him, then two people blow bubbles, then three, etc. The more bubbles, the harder it is to make it to the finish line.



This information has been adapted from Family Play Plans by TRUCE (Teachers Resisting Unhealthy Children's Entertainment). A variety of materials are available on the TRUCE website (www.truce4teachers.org) that will help parents and teachers counteract the negative impact of media and marketing on children and promote positive play activities.