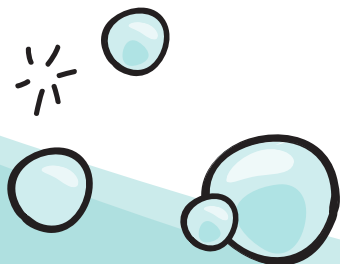


25 Fun Physical Activities with Bubbles

1. **Swing** your bubble wand around in a figure eight across your body to make bubbles
2. **Run** with your bubble wand out to the side
3. **Stomp** on bubbles
4. Try to **throw** a ball at bubbles
5. **Jump** up and try to pop bubbles with different parts of your body
6. Try to **pop** as many bubbles as you can before they hit the ground
7. Do **arm circles** with your bubble wand
8. Follow a bubble and **blow** on it trying to keep it off any surface
9. Try to **kick** bubbles at your feet
10. **Clap** and pop the bubbles
11. **Jump** over bubbles close to the ground
12. Try to **catch** a bubble in a net
13. See how many bubbles you can **catch** on a bubble wand
14. **Make** giant bubbles using a baby pool and a hula hoop
15. Use a straw to **blow** bubbles around your space
16. Try to **pop** as many bubbles as you can in a minute
17. Have a friend **blow** bubbles at you as you try to **dodge** them, if you are **hit** by a bubble you change places with your friend
18. **Play** bubble songs to get kids moving to the music with bubbles
19. Try to **catch** a bubble on your back
20. Count the bubbles and **catch** them
21. Try to **catch** a bubble on your nose
22. Try to **make** the longest/shortest bubble that you can make
23. **Swat** bubbles with a pool noodle
24. **Pretend** to be a bubble with your body - from crouching/squatting low and then becoming as big as you can be with arms and legs outstretched.
25. **Play Bubble Tag**- The bubbles are "it". If a bubble pops on you, do 5 Bubble Jacks (crouch down low and jump up as high and big as you can). Rejoin the game and play some more.



Bubble Recipe:

For a gallon jug or pitcher, use

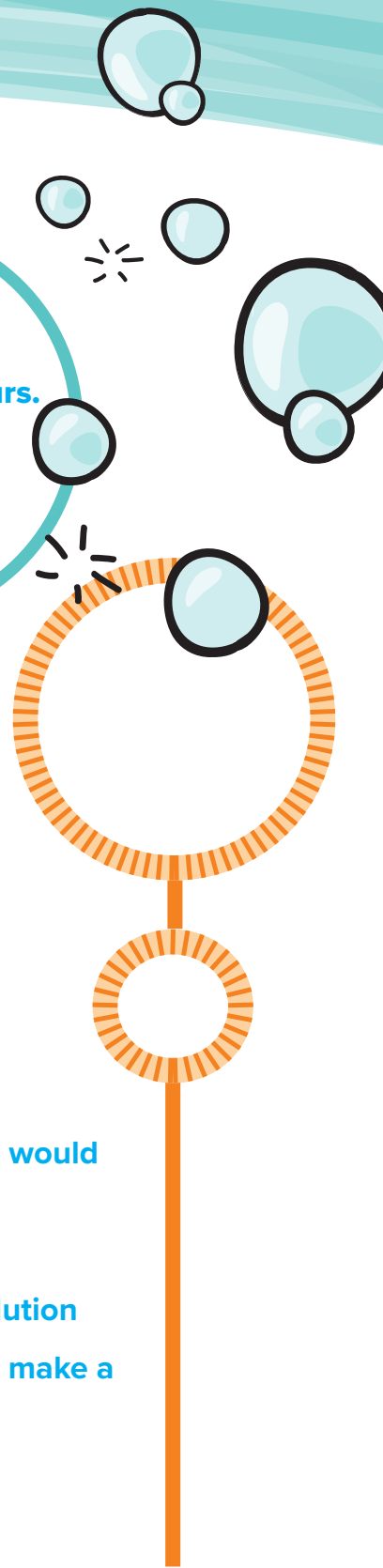
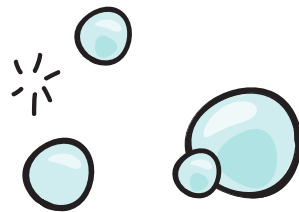
- 6 cups of water
- 1 cup of dish soap (Dawn Dish Soap)
- 1 cup of cornstarch
- 1 tbsp. of baking powder
- 1 tbsp. of glycerin

(There are many bubble recipes online, so we encourage you to search for one you have the ingredients to make. Most require dish soap, water, baking soda or baking powder, and corn syrup or corn starch. Here is a list of a few that are out there: <http://bubbleblowers.com/homemade.html>)

Let mixture sit
for at least 1-2 hours.
Works best if it
sits overnight.

Bubble Wands:

- Tape a few straws together
- Use a pipe cleaner to create a shape on a stick
- Cut off the bottom of a plastic bottle and blow through where you would typically drink
- Use a wire coat hanger to reshape into a bubble wand
- Roll paper into a cone shape and dip the open in to the bubble solution
- Your hands– place the pointer fingers and the thumbs together to make a diamond shape, then dip in the bubble solution



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