



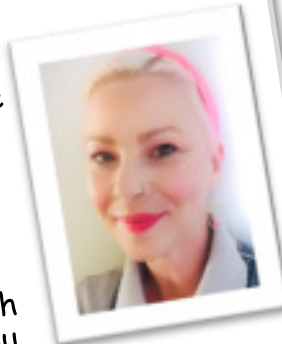
**Hello everyone!**

Hope you are all well and keeping safe during these challenging times.

My name is Laura, I'm an Early Years Practitioner and I facilitate our Singing and Moving sessions.

I thought it would be a nice to keep in touch with you all by sharing some very simple activities you can all do together at home.

Hope you enjoy getting creative and having fun singing bubble songs



## What is my child learning whilst singing bubble songs?

**Singing make you happy** Singing out loud releases feel-good hormones called endorphins that make you feel happy and positive. There is also a tiny part of your inner ear, called the sacculus, that releases even more happy hormones when it's stimulated by music.

**Singing makes you healthy** Not only is it good for your mental health and mood, but research has shown that singing can actually help build your immune system. Singing is also an aerobic activity as it forces us to breathe deeply, drawing more oxygen into our bodies and oxygenates our brains.

**Singing teaches communication skills** Singing to babies prepares them for communicating later in life as it helps them get used to the structure and inflections of their native language. For toddlers and children, singing strengthens their lips and tongues which encourages clear speaking, expands their vocabulary and teaches them about creative language and rhyme.

**Singing helps with brain development** Learning to sing along with your favourite songs is a great way to build up your memory, as you recall lyrics and tunes - just think of how many songs you know off by heart without even trying! Singing with your family, can also build up your concentration and stamina as you try to keep in tune and follow the pace of the group.

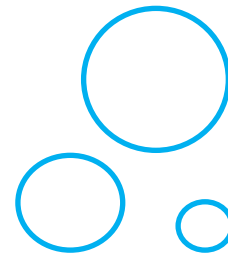
**Don't forget the actions** Action songs are a brilliant way to develop your child's co-ordination, gross and fine motor skills, as well as their ability to concentrate and focus. Something that might seem simple to you, such as doing the actions to Head, Shoulders, Knees and Toes, can be a real challenge for little ones to master.

TRY OUT SOME OF OUR BUBBLE SONGS ON THE NEXT PAGE

### Bubbles All Around Me Jean Warren

Sung to: "My Bonnie Lies Over the Ocean"

The bubbles flew over the flowers.  
The bubbles flew over the trees.  
The bubbles flew over the grass.  
So many bubbles, I see.  
Bubbles, bubbles  
As pretty as bubbles can be.  
Bubbles, bubbles  
Popping all around me.



### I'm going to blow a Bubble

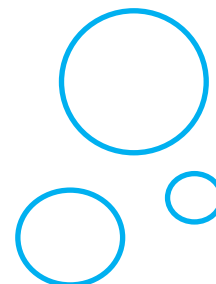
(Have children cup hands around their mouths, then open them wider as they blow. Then clap their hands together at the end to pop the bubble.)

I'm going to blow a bubble.  
Watch me while I blow.  
See it's getting bigger  
Watch it grow and grow.  
Do you think it's big enough?  
Maybe I should stop.  
For if I give another blow  
My bubble may POP!

Adapted Traditional

### Five Big Bubbles Jean Warren

Five big bubbles floating all around.  
Until one popped when it landed on the ground.  
Four big bubbles floating high and free.  
Until one popped when it landed in a tree.  
Three big bubbles floating quite as a mouse.  
Until one popped when it landed on the house.  
Two big bubbles floating down to land.  
Until one popped when it landed in my hand.  
One big bubble still floating in the air.  
Until it popped when it landed in my hair.

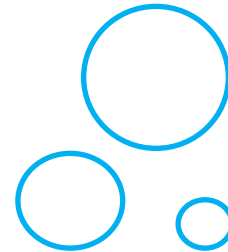


### Pretty Bubbles (Teddy Bear chant)

(Repeat the rhyme a few times with your children, then say the first line and have them say the second and so forth.)

Pretty bubbles, pretty bubbles all around.  
Pretty bubbles, pretty bubbles on the ground.  
Pretty bubbles, pretty bubbles on my nose.  
Pretty bubbles, pretty bubbles on my toes.  
Pretty bubbles, pretty bubbles in the air.  
Pretty bubbles, pretty bubbles in my hair!

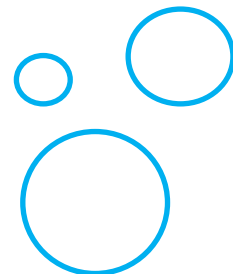
Adapted Traditional



### Blowing Bubbles Adapted Traditional

Tune: "I'm Forever Blowing Bubbles"

I'm forever blowing bubbles.  
Pretty bubbles in the air.  
They fly so high.  
Nearly reach the sky.  
But then they fall  
And fade and die.  
Bubbles I keep blowing  
Blowing here and there.  
I'm forever blowing bubbles  
Pretty bubbles in the air.

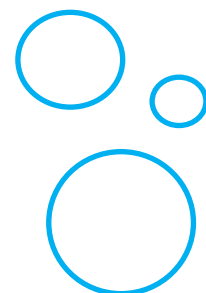


### Did You Ever See a Bubble?

Tune: "Did You Ever See A Lassie?"

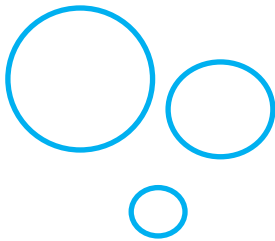
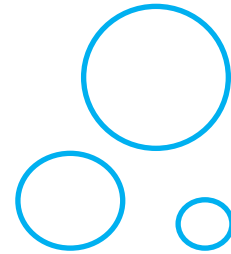
Did you ever see a bubble,  
A bubble, a bubble?  
Did you ever see a bubble  
That floated so high?  
It reached the tree.  
It's higher than me.  
Did you ever see a bubble  
That floated so high?

Jean Warren



### The Bubble Song

One little, two little, three little bubbles  
Four little, Five little, Six little bubbles  
Seven little, Eight little, Nine little bubbles  
Ten little bubbles go pop, pop, pop, pop, pop  
Pop those, pop those, pop those bubbles  
Pop those, pop those, pop those bubbles  
Pop those, pop those, pop those bubbles  
Ten little bubbles go pop, pop, pop, pop, pop



### All Around the School Yard

Tune: "Pop! Goes the Weasel"

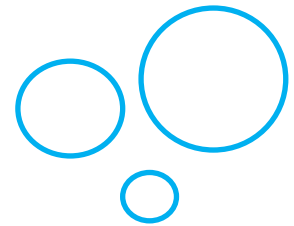
All around the school yard (or backyard, or school room).

The children chased the bubbles.

The children laughed and had such fun.

Pop! Goes the bubbles.

- Author Unknown



### There are Bubbles in the Air

Tune: "If You're Happy And You Know It."

There are bubbles in the air, in the air.

There are bubbles in my hair, in my hair.

There are bubbles in the air,

There are bubbles in my hair.

There are bubbles everywhere, everywhere!

- Jean Warren

