



# Bubble Sock Bottle Blower

**Hello everyone!**

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

My name is Donna, I'm an Early Years Practitioner and I facilitate our Stay & Play 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 making our Bubble Sock Bottle Blower!**



## What is my child learning whilst making a bubble sock bottle blower?

**Motor skills** - children are developing their fine and gross motor skills. For example using scissors to cut, pens to decorate and hands to hold and blow the bubble blower.

**Hand Eye Co-ordination** - It takes practice to link up what the eyes and hands are doing in order to accurately dip the sock into the liquid and blow.

**Language and communication skills** - They will be talking about their bubble blower, discussing what they are doing.

**Problem solving** - How will they attach the sock to the bottle, how much bubble liquid will they need to make big or small bubbles, do they need to suck or blow to make the bubbles appear?

**Physical development** - Children will be using their upper body and respiratory strength: for example when holding the blower and learning how to blow hard enough to make the bubbles appear. The simple exercise of blowing bubbles encourages children to practice deep breathing, which has calming effects on the body.

**Early Maths** - For example counting the bubbles, measuring out the liquid, comparing big and small bubbles etc.

**Early writing skills** - Children will be developing early writing skills whilst using their fine and gross motor Skills

**Spatial Awareness** - Chasing bubbles, running, jumping and stretching for them means that children are exercising and using all the muscles in their bodies. Bubbles can change direction quickly so this helps to develop skills in direction and build quick reactions.

**FULL INSTRUCTIONS ON NEXT PAGE**



# Stay & Play

activities to try @home

## Bubble Sock Bottle Blower

### Materials:

- plastic bottle
- child's sock
- elastic band or tape
- washing up liquid



### Method:

- Cut the bottom off the bottle



- Pull the sock over the bottom of the bottle to cover the hole.
- Secure with either an elastic band or tape.



- The finished result will look like these,
- You and your child can have fun being creative by decorating the sock with pens, crayons, paint, gems or make a funny face, just let their imagination go wild!

- Dip bottom, sock part of the bottle in bubble solution (washing up liquid and water is fine).



- Blow through the top of the bottle and watch your snake bubbles appear.