



Using your bubble wrap from online deliveries!

In this activity children can explore bubble wrap and they can develop their fine motor skills as they pop!

Recycle some bubble wrap and use it to create a fun finger gym. As your children squeeze the bubbles to make them burst they are building up the muscles in their fingers.

Children must be appropriately supervised while playing with bubble wrap.

How to set up the bubble wrap finger gym

Set out one large piece or several small pieces of plastic bubble wrap and show your children how to pop them use a pinch action.

This is a fun sensory activity where the delight is in the process of exploring the feel and sound of the bubble wrap.

Let them pop away!

Bubble wrap play variations

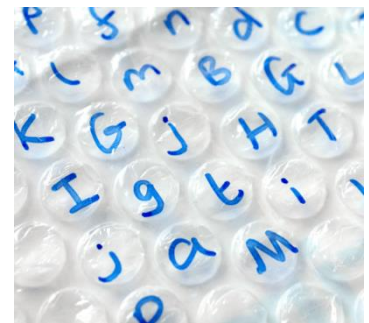
:: Use a marker pen to colour the bubbles in various colours. Challenge one child to pop all the red ones, another to pop all the blue.

:: Use a marker pen to write numbers on the bubbles and set math challenges. Pop all the threes; pop all the even numbers; pop everything bigger than five...

:: Use tally marks or dots in place of digits

:: Use a marker pen to write letters on the bubbles and set literacy challenges. Pop all the As; pop all the upper case letters, pop all the letters you have in your name...

:: Add in scissors and invite your children to also work on their fine motor skills as they cut up the bubble wrap into smaller pieces.



Remember to send photos to your children's teacher.