

# ACTIVITY SHEET: BLOWING BUBBLES



## BEGINNER - Tips on teaching your little one how to blow bubbles in the water.

### Why teach blowing bubbles?

Blowing bubbles through the mouth is one of the most basic foundation skills of learning how to swim. It is an important safety skill that teaches children breathe control. Knowing how to properly let go of air under water helps a swimmer relax, be confident in the pool and eventually be able to swim without struggling. More importantly, learning to blow bubbles and control breathing, prevents water from getting up the nose!

Studies have also found that toddlers and babies who learn to blow bubbles at an earlier age, also learn to speak sooner. So teaching your child to blow bubbles, has many benefits.



### Skills - Help your child blow bubbles at home

**These skills are suitable for kids aged 2.5+ years old**

Teaching a child to blow bubbles is a skill you can easily do at home during bath time. As you make it fun, your child will learn to love the water! Depending on the age of the child, you can start with the technique that feels most appropriate.

#### 1 Blow an object in the bath

This can be done sitting in the bath or lying on their tummy

**Equipment** - Light ball or floating plastic toy

#### 2 Blow bubbles through a straw

This can be done in the bath or simply use a cup of water.

**Equipment** - Bubble wand and mixture.

**Tip** - When using a plastic straw, cut it down in length so that your child can get progressively closer to the water - always supervise kids when using straws.

#### 3 Blow bubbles through a bubble wand

This can be done either:

1. Sitting up in the bath using a bubble blower wand and blow the water
2. Lying down in the bath using a bubble blower wand and blow the water or during tummy time on the floor and use the bubble wand and mixture

**Equipment** - Bubble wand and mixture.

# ACTIVITY SHEET: BLOWING BUBBLES



## 4 Blow out a candle

This is a fun one!

Kids love to blow out a candle on the birthday cake

## 5 Blow on to the back of their hand

This gives your child the feeling of the air on their hand and gives them the idea of exhaling air as they blow.

## 6 Blow the water

This is perfect for children who are a little scared of the water. With this activity we are teaching them about blowing bubbles to make the water move. Show your child it's fun by demonstrating yourself that it is fun and safe for them to do.

## Benefits of learning to blow bubbles

- It's Fun!
- Helps build confidence for transition to face in water
- Laying on tummy may help transition to pop up breath technique
- Helps to develop breath control and build into breathing pattern required for stroke development.

## Extension

As your child gets more confident at blowing bubbles try getting them to first kiss the water with their lips and then start to dip their chin in the water until their mouth is covered (not their nose) during bath time and blow bubbles in the water. The mouth should form an O shape as if blowing a candle out.