

PAINT YOUR BUBBLE

Goals: Children will learn about moving in self-space and positional words (high, low, front, back).

Fundamental Movement Skills: Stability—bending/stretching

Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)
- Juggling/activity scarves
- Upbeat music

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 62.

How to Play:

- Introduce children's "bubble."
 - "Have you ever played with bubbles? What happens when the bubble touches something?" (It pops.)
 - "Next, we are going to pretend that our spots are actually giant bubbles. Each of you is standing inside of a giant bubble! And what would happen if we got outside of our bubble? It will pop!"
 - "To make sure we don't pop our bubble, we are going to paint them!"
- Demonstrate "painting the bubble" by using a scarf as a "paint brush." Demonstrate painting high, low, behind, and all the way around – making sure to not move your feet off of the spot/outside of the hula hoop.
- Hand each child a "paint brush" (scarf). Remind children that they have to stay in their bubble while they paint to keep it from "popping."
 - "When I start the music, you may start painting your bubble right in front of you. When the music stops, you must freeze!"
- Start music and demonstrate painting a bubble with children. Stop and start music a few times to give children different ways to paint their bubble (in front, behind, low, high, fast, slow, etc). End in "freeze" position.



Extending the Game: "Drive Around"

If you are playing this game while standing inside of hula hoops, ask children to pick up their hoop, hold it at their waist, and walk inside of a designated area without touching other children or "popping their bubble." Tell a story about driving to the store or the park to engage children's imaginations.



Personal Space

"Paint Your Bubble" teaches children about spatial awareness. Play this game often to teach children the concept of personal space, especially as it relates to active play.