

Bubbles Inside Bubbles

Step by step guide

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1. In preparation for the activity have the washing up bowls, washing up liquid and straws etc ready on the tables. It may be that you will need to do this activity in groups rather than with a large group depending on how many resources you have.
2. Ensure that there is a positive and safe atmosphere in the room amongst the students. It is beneficial to have a group charter that provides a sense of respect and collaboration within the group but also be aware of those students who may find being part of a group difficult and ensure that the students have a chance to step back from some of the connecting activities that they may find too difficult to engage with initially.
3. The adult then shows them the bubble game – a bowl of water with washing up liquid inside it and encourages the students in pairs to have a go at blowing into the water with a straw. As the bubbles emerge and swarm, the adult models the fun and the laughter and matches the expression of the students as they blow the bubbles and see them emerging.
4. The adult shows fun in their facial expressions and matches the noises and exclamations that the students make, then naming the experience for them....
“wow... look! There are loads of bubbles!!” “Bubbling up and out of the bowl.”
The adult models, matches and laughs whilst naming the sensation... “those bubbles are like when I’m nervous or when I’m excited in my stomach....” Bubbles of fun.....”
5. Encourage the students to see how many bubbles they can make together. Allow them to have a go... to just be in the moment with the activity and to be together in blowing the bubbles bigger and bigger as they begin to raise up and fill the bowl.
6. It is important to be completely alongside the students in holding the atmosphere as fun and open and explorative in a safe and calm way. The students can then just go with the activity enjoying the sensation, the flow of the bubbles and the safety of the activity.
7. Notice and express the student’s experience... e.g. “oooooh the bubbles are rising and coming up out of the bowl..... eeeeeek.....’ ‘ I can see you taking in big breaths as you blow..... ‘ I am noticing.....’
8. Watch and notice expressions on the faces of the students as they concentrate, or play or laugh.... and wonder out loud what their experience might be.
9. Encourage them to notice their breathing and to change it ... what effect does that have on the bubbles and on their experience?

10. Then offer them the challenge of seeing if they can blow a bubble into a bubble...
11. Be alongside the students and share in their experience and the 'just being' in the moment of the fun of the bubbles.

Resources

Washing up/ or mixing bowls
Water
Washing up liquid
Straws