



BUBBLE WRAP DANCE POP

Snap! Pop! Bubble Wrap Dance!

IDEAL AGE: all

LEARN TOGETHER

As children express themselves through movement they are developing gross motor skills.

Children will learn to recognize patterns through close listening. Have your child practice verbalizing what they hear.
I hear 3 pops! I hear fast and slow pops!

MATERIALS

- Bubble wrap
- Masking tape
- Variety of music (optional)

DANCE TOGETHER

- 1 Get a large sheet of bubble wrap from an empty package and place it on the floor. Tape it down to make it more secure.
- 2 Listen to the sounds the bubbles make as children stomp the bubbles and make them pop!
- 3 Turn on a variety of fast and slow music and dance to pop the bubbles on the bubble wrap.
- 4 Have children practice jumping, stepping, and hopping on the bubble wrap.
- 5 What happens when you jump high? What happens when you move your feet fast? Can you walk slowly across the bubble wrap? Can you count the bubbles that pop as you dance? Are they loud or soft? What does it sound like? Does the sound change when your movement does?
- 6 For a fun challenge, place strips of masking tape on the bubble wrap for children to hop on. Create your own bubble wrap dance steps, using tape to map the steps.



For more fun activities, please go to
cmom.org/resources

