



## BUBBLE WRAP DANCE

**TYPE OF ACTIVITY:** Outdoor

**KEY CONCEPT:** Be physically active



### OBJECTIVES:

- › Children will practice gross motor skills while dancing on bubble wrap.
- › Children will explain that jumping on bubble wrap increases their heart rate.

### MATERIALS:

- › Large pieces of bubble wrap
- › Music and CD or iPod/docking station
- › Tape (optional)

### PROCEDURE:

1. Explain to the children that they are going to do a bubble wrap dance. Suggested phrases:
  - a. *Do you know what bubble wrap is?*
  - b. *Sometimes it's used to wrap things so they won't break. Today we're going to dance on it. It may pop when you step on it.*
2. Lay the bubble wrap on the ground. Tape the bubble wrap to the floor if needed to reduce sliding. Turn on the music and invite children to dance on the bubble wrap. Encourage them to pop as many bubbles as they can.
3. After everyone finishes, discuss their experiences. Encourage children to feel their heartbeat. Suggested phrases:
  - a. *How did you like dancing on the bubble wrap? What did it feel like? Was it harder or easier than dancing on the ground?*
  - b. *Did your heart beat faster while you were dancing? That means you were being physically active, which is healthy for your body.*



### ADAPTATIONS/EXTENSIONS:

**Art:** Give children small pieces of bubble wrap. Have them paint the bubbles, then press the bubble wrap to a piece of paper to make a print.