

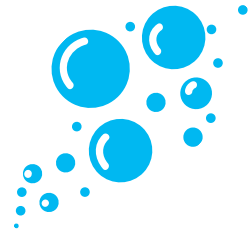
ACTIVE PLAY ACTIVITY

POP THE BUBBLE WITH NANCY NECTARINE



WHAT YOU'LL NEED: Bottle of blow bubbles

INDOOR PLAY



0-12 MONTHS

Lie your child on their back and blow bubbles in the air. Show them how to pop them with your hand or fingers and encourage them to do the same (when any bubbles get close to them). If your child can crawl, blow bubbles just out of reach so they crawl towards them and pop them as they land on the floor.

OUTDOOR PLAY

12 MONTHS - 2 YEARS

Blow bubbles around the garden or an empty area in the park for your child to chase and pop.

2 - 5 YEARS

Blow bubbles around the garden or an empty area in the park for your child to chase and pop. They can count how many they pop each time you blow some. Your child could blow bubbles for you to pop as well. Take a note of how many bubbles you and your child pops to see who can pop the most.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Cardiff & Vale
Nutrition and Dietetics
Maetheg a Dieteteg
Caerdydd a'r Fro

NYLO

Nutrition For Your Little One
Maeth I'ch un bach