

# Bubbles

20 minutes

Warm up	<p>Ask the children to find a space &amp; make a small shape, then increase in size, followed by decreasing again.</p> <p>Repeat several times finding different ways each time – these might use the whole or just part of the body.</p> <p>Use words such as expand/deflate, grow/shrink, open/close...</p> <p>Add the music &amp; describe what you see the children doing.</p>	Size
Creative exploration	<p>Ask the children to find different ways of making rounded/curved shapes with their bodies.</p> <p>Ask the children to make several using different body parts each time.</p> <p>Then take the next 2 minutes to smoothly inflate like a bubble, into a curved shape, before deflating again.</p> <p>Add the music &amp; describe what you see the children doing.</p> <p>To add challenge the children could include balances or turns.</p> <p>Discuss what eventually happens to a bubble...it pops!</p> <p>Ask the children to show 'popping' actions.</p> <p>Add the music for 2 minutes or so. The pops are likely to include jumps – check safety.</p>	Shape & Dynamic
Devising	<p>Link the children into pairs facing each other.</p> <p>Ask one child to inflate into a curved bubble shape. Their partner 'pops' it by using a sharp jabbing action.</p> <p>Add the music &amp; ensure the children alternate. Encourage the children to find different ways of performing the jab to pop the bubble.</p>	Action
Cool down	<p>Ask the children to separate again &amp; imagine bubbles floating around them. Ask the children to reach &amp; catch the bubbles.</p> <p>Encourage the children to twist &amp; reach in different directions.</p>	Stretching

## Suggested Music

*L'Autre Valse d'Amelie* - Yann Tiersen

## Links to

Relaxation Techniques