

Bubble Wrap Bounce

Ingredients: Bubble wrap (Purchase from a home improvement store or moving facility, or use packing from a recent purchase)

Prep Time: 5 minutes

Recipe for Fun!

Lay the bubble wrap on the floor. Have kids run, stomp, jump, and hop across it with enough force so their feet pop the bubbles. Alternately, let them use their hands or fists. Popping is the motivation to continue and increased leg or arm strength is the result!

Benefits:

- **Increases core strength**, which is necessary for stability, posture and movement.
- **Strengthens arm/hand/finger muscles** needed for everyday activities, like getting dressed, as well as writing.
- **Develops eye-hand coordination** which is important in linking the brain with movement. This helps with tasks like tying your shoes and prepares kids for success in reading and writing.
- **Provides proprioceptive input.** Proprioception is knowing where your body is at all times. For instance, knowing where your arms are without having to look at them. Your body uses this input to control balance, coordination and movement. The compression felt in joints and muscles can help children center themselves and focus.

Modifications:

- **Make it a tabletop game** and use hand strength to pop the bubbles
- **For children who use a wheelchair**, have them roll across the bubble wrap to pop bubbles with their wheels, or have a friend push the wheelchair across for some social play.

Variations:

- Write letters or numbers on individual bubbles and have kids use their hands to pop the letters in their name or find and pop letters you call out. This gets their muscles involved in the cognitive activity.