

# Making Our Traveling Body Bubbles

Developed by Terlene Terry Todd

*Cruisin' the Caribbean*

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## Objective/Goal:

This experience uses a strategy to facilitate children moving in a group, increasing their body awareness and respect for the space of others and serving as a vehicle for imaginary travel.

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## Educational Impact:

- ✓ Shapes
  - ✓ Problem-solving skills
  - ✓ Imagery/language
  - ✓ Body awareness
  - ✓ Self-regulation
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## Suggestions for use with the *Songs for Singing and Learning* CDs:

- ✓ "English Dance" This piece works well as "traveling" music.
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## Materials Needed:

- ✓ Bottle of bubbles
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## Procedure and Process:

Blow soap bubbles and discuss their characteristics with the children. Ask these important problem-solving questions:

*What shape are the bubbles?*

*Can you make your body into one of the bubble shapes? [Allow children to explore different shapes]*

*What colors do you see in the bubbles?*

*How do the bubbles move in space? Do they float?*

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*Can you move your body like the bubbles? Show me.*

*If you could get inside the bubble and travel all around the world, how would you get inside the bubble? [Have the children explore different ways of getting into their bubbles.]*

Pretend to pull a bubble from your pocket and cup it in your hand. Look into your hand and announce the color of your bubble.

Ask everyone to look at his or her bubble and say what color it is. You will get a wide variety of responses.

Ask the children if they would like to travel someplace special, someplace with lots of sun, sand and sea. Then suggest taking a cruise around the Caribbean Islands.

The children should open their bubbles and step inside. Be sure to lock the traveling bubbles. Play soft but medium tempo music for traveling in the bubble.

Have the children stretch out their arms and legs and begin "floating" through space. Travel on different levels, in different directions and while using different locomotor movements such as slide, hop, skip, or walking on tip-toe.

