Infant Toddler Sensory: Bubble Wrap Dance

Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to explore and interact with the environment. Moving and dancing on bubble wrap is all about cause and effect—what happens if I do this—a driving question for young children.

Materials Needed:

- Sheet of bubble wrap

Participants:

This activity is intended for adult/child interaction.

Directions:

- **Step 1:** Lay a sheet of bubble wrap on the floor. Show your child how to walk across it.

- **Step 2:** Ask, “What happens if we jump on it?” Help your child jump up and down to make the bubbles pop. What actions make the bubbles pop more loudly? What makes them pop more quietly?

- **Step 3:** Turn on some music and dance while jumping on the bubble wrap. Challenge your child to roll over the bubble wrap or crawl across it.