



# SWIMMING AT HOME

**Blowing bubbles is one of the first skills we want children to learn during their swim lesson because it is a stepping stone to learning breath control. Blowing bubbles might look like a simple and playful skill – and it is – but they are learning the foundations of comfort in the water. We teach and practice this skill to promote confidence with putting our faces in the water.**



**Here are some activities to help your child learn how to blow bubbles:**

## **Straws and Bubble Wands**

Give the child a plastic container or cup and a drinking straw. Demonstrate how to blow into the straw to create bubbles in the glass of water. After blowing bubbles into the glass, ask the child to use the straw to blow bubbles in the bath tub.

Use bubbles with a bubble wand in the bath tub. Ask children to blow through the bubble wand to create bubbles in the air. Then ask children to blow through the bubble wand into the bath water.

## **Bubble Boat**

Children can pretend to be a boat in the water by floating on their front. Have them practice blowing bubbles in the water by creating the sound of a motor boat.

## **Feel the Wind**

Have the child choose their favorite bath toy. Place the toy on the side of the bath tub. Ask the child to pretend they are the wind by blowing onto the toy. Then place the toy into the bath tub and ask the child to be the wind and blow the toy through the water. The harder they blow, the faster the toy moves!

## **Underwater Band**

Ask the child to choose an instrument. One the count of three, ask the child to put his or her face into the water and play the instrument.

## **Talk to the Fish**

Ask the child if they have ever tried to talk to a fish underwater and what it would be like if they tried. Have the child put their face in the water and pretend to talk to a fish. You can also ask the child to pick a song and hum the song to the fish while their face is in the water.