

# STEPPING ON BUBBLE WRAP

Lay the bubble wrap on the floor, tape it down. Have your little one run, stomp, jump, and hop across it with enough force so their feet pops the bubbles. Alternately, let them use their hands or fists.

Popping is the motivation to continue and leads to increased leg or arm strength as the result! Besides improving the fine motor skills, this activity is also highly sensory, allowing your child to feel various textures such as squishy and bubbles and hearing of the popping noise which often sparks giggles!

