

Name of activity: Bubble Mountain

Purpose / Keywords: Oral motor, self-regulation

Age range: K- grade 2, grade 3-5

Materials

- 2 long pieces of aquarium tubing (straws tape together work as well)
- A tall plastic container or bucket (can use a plastic cup to downsize activity)
- Dish soap
- Trash bag (cut open along seams) or tray for easy cleanup
- Food coloring (for fun)



Instructions

1. Spread the garbage bag over the surface of the activity area and place tray on top
2. Fill the container about halfway with water
3. “Test the waters” to determine if the child can coordinate blowing only vs inhaling soapy water. If the child passes the test, then add the soap. If not, just use plain water.
4. Put a good squeeze of dish soap in the container
5. If using long tubing, you can clip the tubing to the sides of the container with paper clips (some kids have a hard time keeping the tubing inside the container)

Activity Modification

To simplify

- Only use water no bubbles
- Have “helper” blow bubbles and child pop them
- Smaller straw or tubing length decreases the oral motor strength needed to blow bubbles

To make more challenging

- Change positions: sitting, standing, kneeling, lying on stomach
- Demonstrate different motor positions or yoga poses while coordinating breathing
 - plank, table pose, cobra, etc
- Make it into a game or race
 - Who can make the tallest bubble mountain