Name/Title: Soap Bubbles

Purpose of Event: To help students identify self space and to learn to move safely through general space.

Suggested Grade Level: K-2

Materials Needed: Music or Whistle (or other signal they can stop to), Bottle of soap bubbles (optional)

Description of Idea

To start the class, talk about soap bubbles and how they float through the air (even better, as a great set induction, blow a few bubbles and ask children to tell you something that happens to the bubbles as they move through the air). Discuss how the bubbles that stay **"bubbles"** the longest are those that don't touch any other bubbles or anything else...but if it did touch something else, it **POPS** and cannot move anymore. Inform students they will be moving like the bubbles today -- trying not to touch anyone or anything else.

Have students find a good self space, one in which they can't be popped by anyone else or a wall, equipment, etc. Make sure they all have done this correctly before starting to move. On the signal they should begin moving around (start off by walking and then slowly progress to sliding, skipping, hopping, etc.) the area trying to avoid being touched by anyone or anything else.

If students do touch another or something they are considered **"popped"**. They come over to the teacher where they sit on the floor for a few seconds while the teacher **"re-inflates"** them by pretend pumping them up with a bicycle pump. This is a good time to remind them how to move safely through general space.

Variations:

- Decrease the size of the activity space (i.e., move the cones in closer that make up the boundaries.)
- May want to add poly spots, cones, etc. to make more challenging.

Submitted by **Jana Fix** who teaches at Christensen Elementary School in Flagstaff , AZ . Thanks for contributing to PE Central! **Posted on PEC: 5/30/2001**.

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