



Bubbles

Blow bubbles or set up a bubble machine. Challenge small groups of children to a game where they try to pop each bubble before it hits the ground.

Periodically, switch the body part they should use to pop the bubbles (e.g., instead of hands, try feet, elbows, or knees).

Narrate and Label

Focus and Attention

“You are watching closely so you are ready to pop as soon as I blow new bubbles!”

Cognitive Flexibility

“Switch! Now pop with your feet. I see you remembering to use your feet instead of your hands!”