



SUMMER-FALL-WINTER-SPRING FAMILY PLAY PLANS

Busy families often find it hard to set aside time for play, especially with the distraction of screens and technology.

TRUCE offers some seasonal, screen-free ideas to inspire your whole family — whatever their ages—to play together.



SPRING PLAY IDEAS

Turn off the Screens & Turn on the Bubbles

Bubbles offer endless opportunities for family playtime—both indoors and out.

Young children find bubbles magical. They are not only fun, but are ever-changing. And there is no right or wrong way to play with bubbles.

As families play together, children learn skills such as cooperation, turn-taking, and problem-solving. And, of course, it's just plain fun for everyone.



You can add to the play by talking about what's happening: "I blew a big bubble." "You popped my bubble." Ask simple questions: "Can we make it bigger?" "What is the wind doing to the bubbles?"

Watch young children as they play. Often this can help you figure out what they're working on, so you know what questions to ask.

IDEAS FOR SPRINGTIME FAMILY PLAY WITH BUBBLES

BEST BUBBLE RECIPE



- ◆ 1 cup of water
- ◆ 1/3 cup Joy dish soap
- ◆ 1 T corn syrup

WHAT DO THE EXPERTS SAY?

The American Academy of Pediatrics recommends that parents establish "screen-free" zones at home by making sure there are no televisions, computers, or video games in children's bedrooms and by turning off the TV during dinner.

BUBBLE GAMES



- **Bubble Relay.** Everyone gets a bubble wand and bubbles. Stand in a line. The first person blows a bubble and passes it to the next person. If the bubble pops, the first person must blow another bubble and pass it again. Predict how many people can pass the bubble without breaking it. Try to beat your family record the next time.
- **Bubble Tag.** "It" tags with bubbles instead of touching. The bubbles must actually land on the other player for the tag to be successful.
- **Bubble Maze.** Pick a start and a finish line. The idea is for "it" to walk from start to finish without letting any of the bubbles land on you. First one person blows bubbles. If "it" successfully makes it to the finish line without bubbles landing, then two people blow bubbles, then three, etc.. The more bubbles, the harder to make it through the maze from start to finish.



BUBBLE SCIENCE



- **Make Different Size Bubbles.** For tiny bubbles, blow through a straw or tape several straws together. For big bubbles, cut off the bottom of a plastic bottle and blow through the neck.

For giant bubbles, fill a child's plastic swimming pool with bubble mixture. Use a hula hoop to make bubbles. Let a child stand inside the pool and make a giant bubble around her!



- **Make Different Shaped Bubble Wands.** Make circles, squares, triangles, hearts, or any shape out of pipe cleaners. Bend wire coat hangers into large wands (careful of sharp edges). Thread string through two straws tubes and tie the ends. Gently pull apart the straws to make a square. Dip into bubble mixture and blow gently to make a giant square bubble.

BUBBLE ART



- **Bubble Burst Paintings.** Tape white paper to a tree, building or other surface outside. Drop food coloring into different bubble bottles. Blow bubbles in the direction of the white paper. When the bubble hits the paper and pops, a colorful masterpiece will appear! How many bubbles can you blow? What color comes out the best?
- **Bubble Painting.** Put bubble mixture into paper cups. Drop in different colors of food coloring. Let children blow bubbles so they overflow onto a piece of paper. (Remind them to blow out!).



TRUCE FAMILY PLAY TIP

- Develop a family screen turn off ritual. Here are some ideas:
- Count all the screens that are on as you turn them off.
 - See if you can turn off all the screens in a minute or less.
 - Have a bin or basket where you put all portable screens during family play time.