



HOW TO MAKE BUBBLE FOAMERS AND FOAM PLAY IDEAS

Step 1

Take an empty, small plastic bottle and cut off the bottom of the bottle about half way down. You will need sharp scissors, so let a grown up do this bit! Once you have cut off the bottom of the bottle, you can recycling the bottom part - we are just going to use the top section.

Check around the edge for any sticking out bits that may be sharp, and cut these off..



Step 2

Take an old sock, or a square of material from an e-cloth or old T-shirt for example big enough to be able to easily cover the wide end of the bottle and hang down the sides for a few centimetres. Place this over the end of the bottle and secure in place using an elastic band. One e-cloth can make 4 foamer squares for small plastic bottles.



Step 3

Dip the fabric covered end into your bubble mixture, then put the narrow end in your mouth and BLOW! We are using Dr Zigs bubble mixture here, but you can use any bubble mixture you have, washing up liquid mixed with water and even shampoo! Baby shampoo is ideal so that if foam goes flying while you play, it won't sting if it gets in your eyes.



Make a mini foamer

You can make a mini foamer using a straw, a pipe cleaner and small square of cloth – these make long thin snakes and are great for making foam bubble sculptures with! Take a straw and a small piece of cloth. Put the cloth over the end of the straw and secure by twisting a pipe cleaner around the end.



Bubble Foam Play Ideas

You can have so much fun with bubble foam! You can use the different sized foamers to make bubble foam sculptures, make bubble mountains that you can squish with your hands, or by using some spare cloth to flatten down for soft, sensory fun.



Add food colouring or essential oil for colourful or scented foam.

You can go to the bubble hairdresser! Make bubble hair-dos (use a shower cap if you want to stay dry) and cut the bubble hair with plastic scissors!



Squishing and squashing the foam feels calming, and makes a squishy sound, the colours and bubbles in the foam make for a calming, multi sensory experience.