

# Bubble Time . . .

## 101 Things to Do

The ideal sort of things for Bubble Time are quiet one-to-one activities where you can chat. This Bubble Time 101 Things to Do list will give you loads of ideas to try.

### Art and Design

1. Create a comic strip
2. Draw a landscape - draw whatever you see out your window
3. Draw a still life - use your favourite objects to create the scene
4. Design a tattoo - make one for each other
5. Design a T-shirt or outfit you'd like to wear to a special occasion
6. Do a paired picture, take turns to draw a bit of your shared picture
7. Draw each others portrait and enjoy the results
8. Do scribble drawing where you adapt each others scribble and create a picture
9. Describe your ideal scene for the other person who then draws it for you
10. Draw a future you would love to share with the other person

### Stories

11. Hav a snuggle up story together with your favourite book
12. Write a story in pictures for the other to guess
13. Tell a story together, taking turns to each say one sentence at a time
14. Read a story book together somewhere unusual
15. Sit back to back reading your own books
16. Write a fairy tale starring you both
17. Listen to an audio story together in a super comfortable set up
18. Tell well known stories with each other as the hero
19. Mime a story you both know - challenge the other person to guess what it is
20. Use toys to retell a famous story or nursery rhyme

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### Just Talk

21. Share memories and stories about the past you have shared
22. Talk about your feelings this week - when you were angry, sad or happy
23. Talk about how you feel about school or work
24. Talk about how you make each other feel
25. Talk about when you are happiest and content
26. Share ideas on how the world could be made a better place
27. Discuss something that happened in the news
28. Make a new ending for a well-known story and explain why you changed it
29. Look at your family tree and share stories of your family background
30. Share your biggest dreams, fears and hopes

### Games

31. Make a den together and have a snack in it
32. Try potato printing
33. Reorganise the living room or a bedroom just for fun
34. Make a personalised snakes and ladders board and play it
35. Make paper aeroplanes - write messages inside and aim them at a goal
36. Make fortune tellers - create special messages inside for each other
37. Play the memory game - see if you know what has been taken off the tray
38. Play noughts and crosses but don't get too competitive
39. Play hangman - choose words or phrases to make the other laugh
40. Pick up an empty cereal box with your mouth and rip off a strip each time

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### Outside

41. Make a bug house with sticks, stones, leaves and mud
42. Use leaves to create a picture or piece of art
43. Collect stones and paint them as paper weights
44. Make a story stick - tie on ribbon and string to remind you of each part of the story
45. Take some old pans and spoons outside and make mud food
46. Go for a walk to your favourite place and have a snack there
47. Go to a place outside you like and pretend you're in your favourite computer game
48. Find your favourite tree and sit under it - have a conversation with it and say thanks
49. Go somewhere high, look far away, spread your arms like wings and imagine flying
50. Go for a walk and then make a map of where you've been

### Movement

51. Do a yoga class together and share how you feel afterwards
52. Choose three songs each and create a disco at home
53. Play at mirroring each other's movements as precisely as possible
54. Play follow my leader round the house, over the beds, under the tables
55. Choose a tricky thing, like handstands, and help each other get better at it
56. Set up your own sports tournament and have fun competing
57. Try an online Tabata class together
58. Make an obstacle course (a safe one) and do it blindfold guided by the other
59. Play a game of keeping a balloon from touching the floor
60. Make a race track for toy cars and other items to drive down

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### Fun with Balls

61. Try to juggle rolled up socks or balls, starting with just two
62. Try keepy uppies with rolled up socks or a football
63. Practise dribbling around different items in the garden or outside
64. Create little goals with jumpers and practice scoring
65. Create a course of household items to roll a ball down
66. Get a ball and cup and work together to throw the ball into the cup
67. Balance a ball on a spoon and walk or follow an obstacle course
68. Set up things to knock down like skittles
69. Throw the ball to each other, each time saying a favourite thing you like
70. Set up a maze and blow a little ball through it

### Dressing Up & Make Believe

71. Get dressed in you favourite clothes and have a special snack
72. Choose what the other has to wear and have a treat together in your new outfits
73. Using your own clothes, try to dress up as a set person, animal or theme
74. Design a fantasy outfit for each other
75. Paint each others faces
76. Dress your toys up and host a tea party
77. Practise tricky situations like asking to play with someone
78. Create a puppet show together using soft toys or puppets you have made
79. Pretend to be each other, dress up, do and say things just like the other person
80. Make an imaginary business up together - it can be as silly as you want

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### Cooking & Baking

81. Make cupcakes with eggs, flour, butter and sugar
82. Make truffles using digestives and cocoa
83. Make coconut ice with condensed milk, icing sugar and coconut
84. Make a new sort of sandwich and give it a special name
85. Play blindfold tasting games to try new foods or combinations
86. Make dragon soup and act out being witches and wizards
87. Create and drink a magic potion of juices with bits of fruit bobbing in it
88. Hide a metal penny in a cake and grant a wish to whoever gets it
89. Decorate digestives with coloured icing
90. Make soda bread with flour, yoghurt, milk and baking soda

### Technology

91. Take a photo of each other with some of your favourite things
92. Make a video of a nursery rhyme, song or dance
93. Spend time taking a lovely or funny picture of each other
94. Take a photo of something in your house from a strange angle and the other has to guess what it is
95. Create a PowerPoint or video of your favourite holiday and give a lecture on it
96. Make the book of your life on the computer and print it out
97. Use the internet to research your family and create a family tree
98. Record each other a special message with a voice recorder
99. Make a song up together and record your own lyrics using computer software
100. Upload photos to a website and make a photo book

## Most Importantly

101. Make up some of your own activities!

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.