



Bubbles, Bubbles!

Blowing bubbles is great fun, but it has additional benefits. When you take a deep breath to blow a bubble, it can really help you to feel calm and relaxed. Try to imagine any worries or concerns that you may have simply floating away! Did you know that you can make your own bubble liquid?

I have placed a recipe and instructions below. Why don't you have a go?

You will need:

A whisk or spoon
Mixing bowl or cup
1/2 cup of washing up liquid
1 1/2 cups of warm water
2 teaspoons of sugar

Method:

Whisk the sugar into the warm water until it dissolves.
Add the washing up liquid and stir together well.
Be patient - try and wait for approximately 1 to 2 hours for the mixture to rest. Whilst the mixture is resting, find something to use to blow your bubbles through. You could try a twisted pipe cleaner, a piece of wire or a pastry cutter attached to a lolly pop stick. Can you find other objects to use?

Be creative and enjoy.



I am looking forward to seeing you all again soon.

From Mrs Griffin.

