

A BUBBLE FOR YOUR THOUGHTS ACTIVITY

Use either of the activities below to engage your kids. Once you have completed the activity, read our Think About It section and discuss it as a family.

OPTION #1

Bubble Observation

1. Grab a small container of bubbles and blow them throughout the room. Allow your children to observe the bubbles and how they float and pop.
2. Ask these questions:
 - a. What do you notice about the size of the bubbles? (All different sizes.)
 - b. How many bubbles are there? (A lot or a few.)
 - c. How long do the bubbles last? (Did they pop immediately or stay afloat??)

OPTION #2

Bubble-Inside-A-Bubble Science Experiment

1. Prepare the following materials: Dawn dish soap, water, measuring spoons, a clear cup, sugar, and straws.
2. Pour about 8 oz. of warm water into a cup.
3. Add a tablespoon of granulated sugar to the water.
4. Add two tablespoons of dish soap to the water.
5. Stir the solution together and make sure the sugar is dissolved.
6. Spread the solution on a smooth surface.
7. Dip your straw into the bubble solution still in the cup.
8. Place the straw over the solution that is on the surface and create your first bubble.
9. Next dip the straw back into the cup solution and carefully blow a second bubble on the surface inside the first bubble.
10. KEEP GOING!

THINK ABOUT IT

Did you know that our bubbles are like our thoughts? In your brain, you can have over 6,000 thoughts per day. Our thoughts might be big or small. You might have one at a time or a bunch all at once. Some of our thoughts quickly pass or pop. Others stay and float around in our minds. We can keep our thoughts in our minds or say them out loud. When we choose to focus on Generous Thoughts — thoughts that are good, true, and beautiful — it calms our hearts, helps our minds, and helps our friendships and relationships flourish!

