

National Bubble Week

March 20th through the 27th is National Bubble Week! Please help us celebrate this fun activity by getting outside and having fun with bubbles! Blow the bubbles up in the air and try to pop them all before they hit the ground. Try blowing them into the wind and chasing after them! Here are a few recipes for making bubble solution at home!

Simple bubbles delight

1/2 cup of dishwashing liquid (Dawn or Joy), 2 cups of water, 2 teaspoons of sugar

Bubbles of fun

Simply stir together 6 parts water, 2 parts Joy dishwashing liquid (this brand works the best), and 3/4 part corn syrup.

Try experimenting with a variety of homemade bubble wands: pipe cleaners bent into interesting shapes, cookie cutters, and yogurt lids with the centers cut out, and so on. For a giant bubble maker, cut off the top and bottom of a large metal can with a can opener and hammer the inside edges until they are smooth (a parent's job). Dip either end in the solution and wave through the air.

Have fun this week and any week with bubbles!

Bubbles provided this week compliments of Children's Heart Centers Risk Factor Reduction Program!

