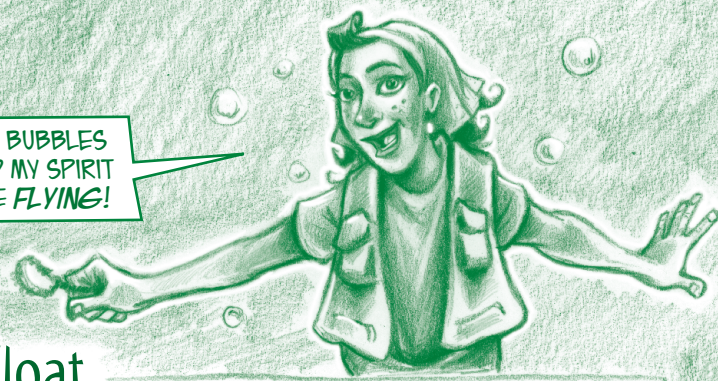




MY BUBBLES AND MY SPIRIT ARE FLYING!



Staying Afloat

Bubbles sparkle in the sun as they float through the air. But in seconds, POP! They're gone! Bubbles burst when they dry up or collide. In a similar way, when you're happy, it may feel like your spirit is flying. But your joy can deflate when you face challenges.

You can help soap bubbles last longer by giving them safe surfaces to land on. And you can find

ways to protect your spirit when you bump into bad news. Talk to your family, pray, or write about your feelings when something threatens to "burst your bubble." Take deep breaths and ask yourself, What virtues can I use? Who can I talk to? Think positively and tell yourself, I can handle this!

Experiment with bubbles as a reminder to keep your spirit afloat!

Make Your Own Bubbles

You'll Need: Liquid dishwashing soap,* warm water, measuring cups, bowl, spoon, 5–10 pipe cleaners (various thicknesses, if possible), pencil, aluminum foil, woolen blanket (optional), stopwatch (optional), drinking straw, ruler

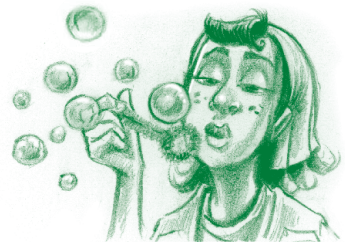
- Mix ½ cup (118 mL) warm water and ¼ cup (59 mL) dishwashing soap in bowl until soap dissolves.
- For a bubble wand, twist one end of a pipe cleaner into a loop for dipping. Make circular wands in several sizes. For a big wand, use one pipe cleaner for the loop and one for the stem.
- Blow bubbles five times in a row with each wand. Experiment with blowing fast or slowly and



holding your wand at different distances from your mouth.

- Which wand makes the biggest bubbles?

- Which wand can make the most bubbles at once? _____
- Allow bubbles to land on your hand, a puddle of bubble soap, the ground, a piece of aluminum foil, and a woolen blanket. Which ones let bubbles last longest?



Try timing them with a stopwatch.

- Place a ruler on a sheet of aluminum foil. Dip the straw in the soap and blow onto the foil. What's the largest bubble you can make?



How It Works

When a bubble lands on a dry surface, its moisture gets absorbed, and it collapses. A bubble may last longer in a puddle, because it can absorb as much moisture as

it loses. Aluminum foil helps a bubble last because the foil doesn't absorb moisture. On a woolen blanket, the bubble rests on tiny fibers that don't absorb much liquid.

* Name brands such as Joy or Dawn may work best.