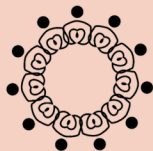




Popping Bubbles



Mind Bubbles

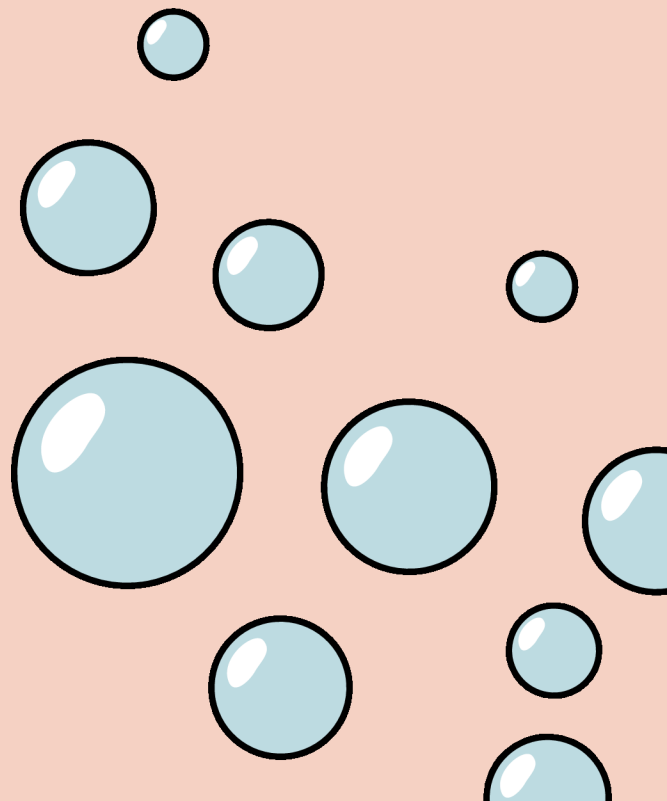
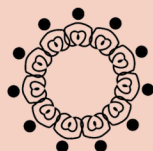
What You'll Need!

- **Paper**
- **Colouring pencils or markers**
- **MOOD Kit's Mind Bubbles Video**
- **Bubbles or bubble gum (optional)**

Mind Bubbles

Sometimes, worries can feel big - but just like bubbles, they don't have to stay!

Paired with MOOD Kit's "Mind Bubbles" video, this activity helps you notice your worries, play with your imagination, and let them go.



Mind Bubbles

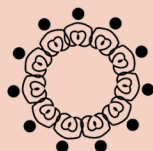
How to Play

Step 1: Follow along with the MOOD Kit “Mind Bubbles” video.

Step 2: When you notice a worry, draw it inside a bubble.

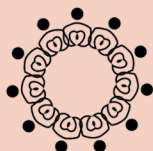
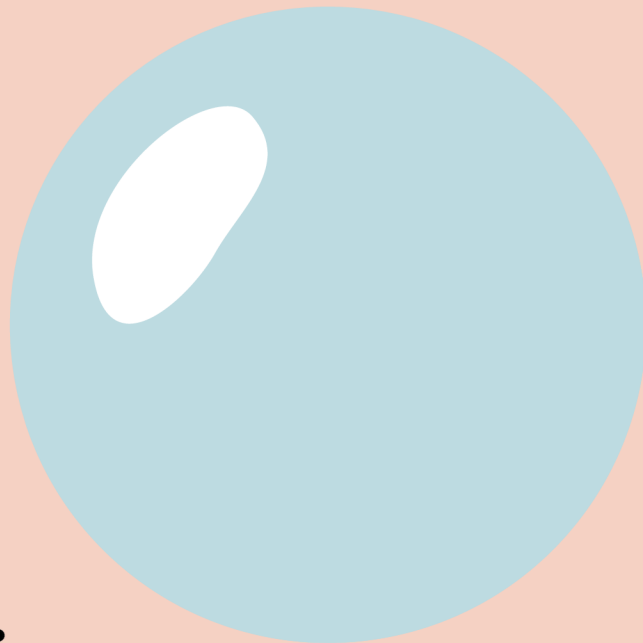
Step 3: Now, use your amazing imagination to make that worry feel less scary! *Example:* If you’re worried about a creepy monster, what could make it funny or friendly? Maybe it wears a party hat, shrinks down to the size of a jellybean, or gets a silly name like Skittles!

Step 4: Pop the worry! You can erase it, scribble over it, or just decide to let it go.



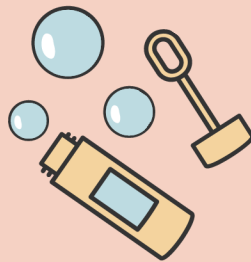
Mind Bubbles

Draw worries to pop.



Mind Bubbles

A Fun Gift Idea!



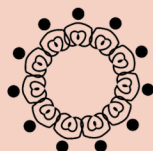
For Younger Kids

Blow bubbles together and practice catching and releasing them. Watch them float away, just like worries do!



For Older Kids

Try popping bubble wrap as a fun way to release tension!




Share the Magic!


Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [MOOD Kits by Emily Millar](https://www.facebook.com/MOODKitsbyEmilyMillar)

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Can't wait to see what you create!

