

Calm Down with Bubbles

Supplies:

- Bubbles (<https://www.dollartree.com/bubbles-with-wands-3ct-packs/186435>)
- Double Sided Tape
- Scissors
- Paper

Instructions:

1. Print off and cut out information card (page 4) on white or color paper.
2. Peel the sticker off the bottle of bubbles.
3. Tape the information card around the bubbles where the sticker was. Use 2-3 pieces of double sided tape to secure it to the bottle.

If you have any questions, call or email Jodi at 435-215-8074 or jodiw@unitedwayuc.org

Please mail or deliver by September 30, 2021 to United Way of Utah County (148 North 100 West, Provo, UT). Open during regular business hours.

Please print off the Volunteer Sheet (third page) and return it with items made and donated.

Thank you!!

Final activity should look like this:



Community Impact

Help Me Grow Utah is an information and referral network that aims to connect families and communities with the knowledge and resources they need to make a difference in the lives of children. Help Me Grow supports prenatal parents and families with children through age 8, offering services at no cost in both English and Spanish. For more information, visit our website at: helpmegrowutah.org

The early years are a crucial time in a child's life, their brains are growing rapidly and they are learning foundational skills that will impact the rest of their lives. Much of this learning takes place while a child plays! We like to provide parents with activity ideas and supplies that they can do with their child to build developmental skills. This particular activity helps a child build social emotional skills.

Help Me Grow Utah

Volunteer Sheet - Calming Down With Bubbles

****Please include this sheet when you drop off the items you're donating****

Date: _____

Contact Name: _____

Organization: _____
(If applicable)

Phone Number: _____

Email: _____

Address: _____

Address used to send thank you card to volunteers

Have you volunteered for Help Me Grow before? YES / NO

How did you hear about this project? _____

Would you like to be emailed about future volunteer projects? YES / NO

Number of volunteers: _____

How much time each volunteer spent on project: _____

How many items made: _____

**HELP ME
GROW** **UTAH**

LIVE UNITED



	<p>Want to learn more about your child's development? Visit our website: helpmegrowutah.org/screenings or call/text 801-691-5322</p>	<p>BUBBLES!</p> <p>Blowing bubbles helps your child's development in many ways, including helping them calm down from big emotions. When they are upset have them take a deep breath and blow bubbles. It will help them relax and then talk about what they are feeling.</p>
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