

# Homemade Liquid Bubbles and Bubble Wands

**Tips:** Be resourceful and get creative by making your own liquid bubbles and bubble wands ☺

## Homemade Bubbles:

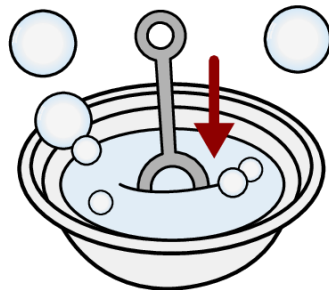
### Before you begin:

You will need:

- A large cup or container
- ½ cup of concentrated dish soap
- 1 ½ cup warm water
- 2 teaspoons of sugar

### Instructions:

1. Get a large cup or container
2. Pour in ½ cup of dish soap
3. Add 1 ½ cup warm water
4. Add 2 teaspoons of sugar
5. **Gently** stir (if you stir too aggressively, the mixture will bubble and the texture will be off)
6. Ready for use!

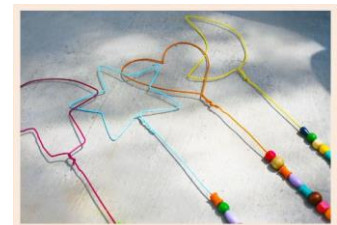


\*Note: there are other recipes out there – this one is one of the simpler recipes! Other recipes may include glycerin.

## Homemade Bubble Wands:

If you have an old bubble wand – do not throw it out! A bubble wand can be reused many times! There are also many creative ways to make your own bubble wands:

- Bend pipe cleaners into different shapes, making sure to leave a piece on the end to hold onto. Smaller pipe cleaners make better bubbles.
- Cut the bottom off a plastic drink bottle and blow through the mouth piece.
- Use straws, make sure to remind kids not to suck in bubble liquid!
- Punch holes in pieces of plastic and glue to popsicle sticks.
- Bend a wire hanger into different shapes.



***If you have any questions, please contact the physiotherapist at MFNERC.***