

Bubble Fun for Adults

Bubbles can be fun for adults, too! There are many bubble-related activities that adults can enjoy at your library—and they may learn some STEM, too! You can also reach outside the STEM box.

- **Bubble therapy:** An adult bubble blowing event can be great fun, and even offer health benefits. The deep breathing required to blow bubbles is great for relaxation and stress relief. Also, the particular type of breathing used to blow bubbles—pursed-lip breathing—increases pressure on the airways, which helps keep them open. A pursed-lip exhale more thoroughly exhausts the air in your lungs, leaving more room for fresh inhaled air. This results in better circulation in the respiratory system. Blowing bubbles may bring back stress-relieving thoughts of childhood as well.
- **Bubble bath:** Speaking of stress relief, a program at your library on making bubble bath will further foster relaxation in your adult patrons (though tweens and teens would love the activity too!). There are dozens of recipes online; select a few for patrons to try out at your bubble bath-making program.
- **Family bubble activities:** Offer activities around bubbles that involve whole families and bring together all the generations in your community. Blowing bubbles is fun for everyone and is a great activity for community members to meet and share in a relaxed, fun social environment. Many of the activities in the kids' bubble handouts would work well for family activities.
- **Champagne:** Though a tasting may not be possible at your library, offer a program on the history, geography, and science of Champagne. (You can serve mock Champagne, though: <http://www.yummly.com/recipes/mock-champagne-drink>).
- **Bubble Day for staff and partners:** This is a great staff morale booster and stress reliever (see above!), plus an excellent way to get your coworkers involved in the Summer Reading Program! It also gives you a chance to test out all things bubbles before your program. Invite partners, too, to engage them in your SRP, thank them for their collaboration with the library, and enjoy some informal social time with them. Have stations set up (outside, if possible) for staff to:



- make their own wands and blow bubbles (have a 3D printer at your library? Have staff design and print their own wands!)
- blow bubbles on a hard surface
- make and dip 3D wands in bubble solution to watch surface tension in action
- drink (or make their own) boba (bubble) tea
- have a bubble blowing contest with silly prizes for the biggest and longest lasting bubbles and most creative wand
- invite children of staff for more fun

Take photos and have fun!