

The Monster in the Bubble

Let your bubble go.

You will need a balloon and a permanent marker for the activity

1. On your balloon write one fear that you want to overcome.e.g. join soccer,make new friends.
2. Blow up your balloon and hold it tight so the air doesn't escape

Squeek had to learn to 'step outside of the bubble' in order to learn how to cope with his problems. Now you will get the chance to take that first step of letting go of your bubble...and a fear.



3. Now it is time to let go of your fears. On the count of 3 let go of your balloons. Ready? 1-2-3!