

2023 WORLD BIPOLAR DAY



Celebrating Vincent Van Gogh's Birthday **MARCH 30**

HOW TO MAKE YOUR OWN BUBBLES!

Make your own bubble makers from ingredients in your own home!

DIY Bubble Mix

INGREDIENTS

2 cups Dishwashing Liquid

1 cup Water

1 tsp Glycerine or Cooking Oil

METHOD

In a large jar, container, bucket or bowl pour your dishwashing liquid in.

Add in the water so it's a strong mix and give it a stir.

Add 1 tablespoon of glycerine or cooking oil - It makes the bubbles less likely to burst! And VOILA your bubble mix is done!

DIY Bubble Wand

You can use just about anything to make a bubble wand, but start with these ideas and have fun experimenting later.

Plastic cup:

Punch a hole in the bottom to blow through. Dip the large open end into the solution and blow.

Plastic soft drink bottles:

Cut the bottom of the bottle and dip. Blow into the bottle top to make your magnificent bubbles

Pipe cleaners:

The beauty of this one is that you can create just about any shape you like from a pipe cleaner. Just make sure you keep a section as a handle!

Plastic funnel:

Using the large end to dip and the small end to blow! Too easy!

Drinking straws:

Dip one end in and blow through the other! These should be small, but fast owing bubbles. Why not bunch some together and see how many you can get at once!

www.bipolaraustralia.org.au

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FUN AND CREATIVE BUBBLE ACTIVITIES TO SUPPORT WORLD BIPOLAR DAY.

Blow Bubbles for Bipolar and help spread awareness, celebrate recovery and end the stigma surrounding Bipolar Disorder.

Rainbow foam

Click [here](#) to check out how to make these colourful bubbles.



Giant bubbles

Have a look how to make these fantastic giant bubbles [here](#).



Bubble painting

Get creative and spend an afternoon [painting with bubbles](#) and creating beautiful artworks.



Bubble snakes

Try out [these](#) bubble snakes and see what cool effects adding some dye can have!



However you decide to complete the [#BipolarBubblesChallenge](#), remember that your participation is to raise awareness, open up discussion and celebrate recovery for those with bipolar disorder.

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HOW TO CELEBRATE WORLD BIPOLAR DAY FROM HOME.

WATCH

Loving Vincent (2017)

Mr. Jones (1993)

Silver Linings Playbook (2012)

Infinitely Polar Bear (2014)



READ

Finding Sanity: John Cade, lithium and the taming of bipolar disorder
(Greg de Moore & Ann Westmore)

Madness: A Bipolar Life
(Marya Hornbacher)

Wishful Drinking
(Carrie Fisher)



Coming Home with Bipolar. Information for families and friends

www.bipolaraustralia.org.au/resources

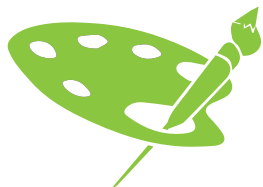
DO

Join the #BipolarBubblesChallenge on social media

Phone a friend

Look through Vincent van Gogh's artworks

Create your own artworks



LISTEN

Dancing With Bipolar

Psych Central Podcast: Psychology Made Simple

Not Crazy



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