

# 2024 WORLD BIPOLAR DAY



WORLD  
BIPOLAR  
DAY

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

---

## 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.

[www.bipolaraustralia.org.au](http://www.bipolaraustralia.org.au)

---