



Blow Bubbles for Hope: At Work

1. **Buy bubbles** or **make your own** with our [Bubble Recipe](#)
2. Take a Bubble Break **with your co-workers** during lunch, after work, or as a midday staff stress reliever!
3. Capture your Bubble Break with a **photo or video**
4. **Share** your Break on social media with the hashtag **#BubbleBreak35** and tag our nonprofit **@helpholiveorg**
5. Get your co-workers to **donate \$5 each** to this special cause so you can...
6. Make a **staff donation** to Help Hope Live by visiting bubblebreak.net (see if your company has an Employer Matching Gift Program to double the impact of your gift)
7. Bonus! Take a Bubble Break as a staff **once per month** now through September 30 (Help Hope Live's 35th anniversary)

