

How big is your bubble?

How many people are in your bubble? It may be more than you think. Consider this: each person in your bubble has their own bubble – the people in their household, their classmates, their colleagues, even that friend they see for coffee once a week. You may think you only have 10 people in your bubble, but in actuality, that number is likely much higher. This worksheet will help you visualize how big your bubble is - and what you can do to help protect yourself and those closest to you.

1

Write down everyone in your bubble.

Ex. Mom

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

2

For each person you wrote down, estimate the number of people inside their bubble.

Ex. Mom - 13 people

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

4

Guidelines for your bubble.

One of the best ways to protect yourself is to set guidelines for the people in your bubble. Look at it almost as your "house rules." It's important to be honest with those in your bubble about your expectations.

*Ex. Agree to keep your bubbles small and consistent
Wear masks and social distance when around each other*

3

Put the total here.

This is the actual number of people in your bubble.

