

Skin Bubble Visual Guide for Children

This guide gently explores what a skin bubble (called a blister) is, why it forms, and how it helps protect sore skin — with soft cushions, gentle droplets, calm shields, and quiet sparkles of care.

With **soft colours**, **friendly visuals**, and **clear language**, each panel supports **emotional regulation**, **sensory understanding**, and **relational trust**.

If skin bubbles feel unfamiliar or seem a little confusing sometimes, this guide is here to help things feel more manageable — **one calm bubble at a time**.

Questions You Might Have

What is a skin bubble?

A skin bubble is a small bubble on the skin that forms when the skin needs protection. It's the body's way of keeping skin safe.

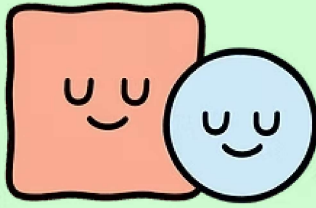
Why does skin make bubbles?

The skin bubble acts like a cushion. It keeps the sore skin safe while it gets better, protecting the healing process.

Should I pop a blister or skin bubble?

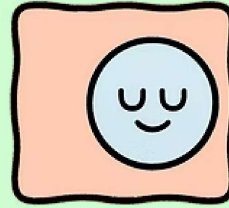
It's best to leave skin bubbles alone so they can protect the healing skin underneath. The bubble acts as a natural cushion and bandage.

What's Inside A Skin Bubble



A sensory-safe guide to when skin makes a bubble to protect itself.

A Bubble On My Skin



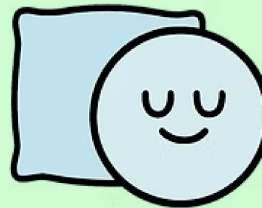
A skin bubble is a small bubble that forms when the skin needs protection.

A Bubble Full Of Care



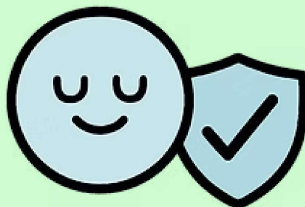
Inside the skin bubble is clear fluid. This fluid helps the skin heal underneath.

Why It Helps



The skin bubble acts like a cushion. It keeps the sore skin safe while it gets better.

How It Feels



It might feel different. It can be tender, but it's the body's way of caring.

After the Bubble



When the skin bubble heals, the skin grows stronger — one bubble at a time.