



A PROGRAM OF **equipped & encouraged**

3rd quarter 2026

PACKAGE CONTENTS



**BLACK JEWELL
NO SALT, NO OIL
MICROWAVE POPCORN**
INGREDIENTS: POPCORN



NATURALLY DYED SPRINKLES
INGREDIENTS: SUGAR, PALM KERNEL & PALM OIL, CORN STARCH, COCOA POWDER, SUNFLOWER LECITHIN, MALTODEXTRIN, CARNAUBA WAX, CELLULOSE GUM, COLORED WITH ANNATTO AND BETA-CAROTENE



VANILLA ALMOND BARK
INGREDIENTS: SUGAR, HYDROGENATED PALM KERNEL OIL, NONFAT DRY MILK, SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR

CONTAINS: MILK AND SOY



PAPER BAGS

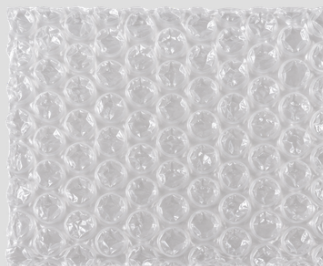
**POPCORN
SERVING BAGS**



**POP QUIZ! FAMILY
CONVERSATION STARTERS**



POP-ITS



BUBBLE WRAP



BUBBLES

POP OPEN SOME FUN!

Sometimes the best opportunities for connection happen in the simplest moments. This quarter, we're focusing on combining simplicity with a little bit of creativity to create opportunities for play, connection, and regulation that you can easily recreate over and over again. Let's POP to it!

Candy-Coated POPcorn Make this treat together and enjoy opportunities for creativity, cooperation, and connection. Pop, pour, sprinkle, shake, and enjoy! (You can easily recreate this treat with popcorn – even the easy bagged kind works – and any chocolate and sprinkles you have on hand.)

POP Away Some Stress with Bubble Wrap Bubble wrap offers tactile and repetitive sensory input that can give busy hands (and feet) something to do and provide a simple way to release energy. (Keep some bubble wrap on hand for stress relief that appeals to toddlers, teens, and grownups alike!)

Blow Bubbles to Breathe, Move, POP, & Connect Bubbles combine deep breathing, visual tracking, movement, and play. It's regulation disguised as fun! (Bubbles are cheap and easy to find. Keep them in the car, diaper bag, backpack. Be sure they're close by when you need a simple, fun distraction.)

POP Quiz! Family Edition Connection grows when family members have opportunities to talk, listen, laugh, and learn about one another. (Keep these in their case or tuck a few in your wallet to use on the go.)

POP-Its for Busy Hands & Shared Fun Pushing and popping a Pop-It provides tactile sensory input. Use them independently for regulation or play games with them to connect. (There are Pop-Its in every size and shape you can imagine. Throw some in a basket at home or tuck them in a tote to take them along.)

Check out the following two pages for this quarter's snack recipe and activities for your bubble wrap, bubbles, and Pop-its!

Pop. Play. Connect.

It doesn't need to be complicated to make an impact.

Candy Coated POPCORN

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POP • SHAKE • SPRINKLE • ENJOY!

YOU'LL NEED:



2 bags of microwave popcorn or 8 cups popped popcorn.

The enclosed popcorn has no added ingredients so it can be poured out and popped in an air popper or on the stovetop.



3 squares of almond bark (candy coating) (white or chocolate)



Sprinkles



8 small paper bags



Popcorn bags for serving

OPTIONAL



1-2 Tbsp. coconut oil (to thin the coating and make it easier to work with)

1 POP!



Pop 2 bags of microwave popcorn or 8 cups of popcorn.

2 DIVIDE!



Divide the popped popcorn evenly among 8 small paper bags.

3 MELT!

ADULTS ONLY



Melt 3 squares of almond bark (candy coating).

- **Microwave:** Heat at full power for 60 seconds. Stir thoroughly, then continue heating in 15-second increments, stirring each time, until smooth.
- **Stovetop:** Melt in a saucepan over medium heat, stirring constantly until smooth.

TIP:

Stir in 1-2 Tbsp. of coconut oil to thin the coating and make it easier to work with.

4 POUR!

ADULTS ONLY



Divide the melted candy coating evenly among the 8 bags, pouring it on top of the popcorn.

5 SHAKE, SHAKE, SHAKE!



Roll the top of each bag closed tightly. Now for the fun part—shake, shake, shake until the popcorn is evenly coated!

6 SPRINKLE!



Pour the coated popcorn out onto a cookie sheet, parchment paper, or wax paper. Cover with the sprinkles while the coating is still wet. Let it sit for about 20 minutes, or until the coating has hardened.

7 ENJOY!



Scoop your finished popcorn into the popcorn bags and enjoy it together!

Keep your leftover Candy Coated Popcorn in a sealed container and enjoy it within a few days for best flavor.

POP INTO FUN & GAMES!

Bubble Wrap POP Activities

POP-way Races: Roll out bubble wrap and tape it to the floor. Jump, march, crawl, or dance across it to make it pop!

POP Across Playmat: Tape a square of bubble wrap to a table. Drive across it with toy cars. Roll across it with rolling pins. Stomp across it with toy dinosaurs.

POP the Pattern: Take turns popping out a rhythm with pieces of bubble wrap and trying to copy what you heard.

POP and Breathe: Slowly inhale, then pop bubbles one at a time during a long exhale.

Just POP It! Grab a piece of bubble wrap and pop, pop, POP!

Bubble POP Games

POP Chase: Take turns blowing while everyone else chases the bubbles - running, jumping, reaching, and trying to pop as many bubbles as possible.

Don't let it POP: Try to keep a bubble in the air as long as possible by gently blowing underneath it.

No Hands POP: Try to pop bubbles without using your hands.

Breathe until it POPS: Take a big breath and then blow softly, creating a big bubble. Blow until it pops ... or until it flies away.

Pop-It Fun

Copy the POPS: One person creates a pattern of popped and unpopped bubbles, and everyone else recreates it.

POP from Memory: One person creates a pattern. Everyone looks for 10 seconds, then hides it away. Everyone else tries to recreate the pattern from memory.

How Fast Can You POP? Set a timer and see how fast you can pop all the bubbles.

Follow the POPs: Take turns popping bubbles in a sequence and trying to copy the order.

Countdown POPs: Count slowly backward from 10, taking a deep breath and popping one bubble with each breath.