



# Bubble Breathing

Bubble blowing is a wonderfully relaxing activity and perfect for teaching younger children about breathing to help them feel calm when they feel worried or anxious. The breathing technique required for blowing bubbles is the same as what is required to create slow, calming breaths.



## Here are a few ideas to introduce bubble breathing:

- Play some relaxation music and allow the children to freely explore blowing bubbles
- Encourage the children to think about which senses they are using for this activity
- Can you blow fast bubbles? Slow bubbles? Big or small bubbles? How do we make really big bubbles?
- Talk about how we can control our breath to create different sizes and speeds.
- Watch your bubbles float away, how far can they travel before they pop?
- How does blowing bubbles make you feel?
- Explain that we can use our bubble blowing practise to help us when we are doing slow, calm breaths.
- Now put away the bubble wands and imagine you are blowing bubbles, we can use these actions to help us with our slow, calm breaths



## *Sensational Tips!*

Always explain **why** we are exploring bubbles - to help us when we need to practise slow, calm breathing

Remember to have fun while exploring the bubbles!