



Bubble Breathing

PURPOSE //

- Practice deep breathing
- Encourages outdoor time for students

OBJECTIVE //

- Bubble breathing is a mindfulness activity
- Blowing bubbles promotes breathing with an extended exhale, which can calm both the nervous system and overworked mind.

INSTRUCTIONS //

Materials

- Bubbles (individuals or in a big container)
- Individual bubble wands (if sharing a big container)

Assembly

1. While on a walk, or during outdoor time, provide bubbles to students.

Application

- Breathe in through your nose and feel your belly fill with air, then slowly exhale through your mouth to blow some bubbles.
- You can track the bubbles with your eyes, count the bubbles or just enjoy them.
- Ask students how they felt after practicing deep breathing
- Invite students to practice this breathing even when don't have bubbles (Use imaginary bubbles)

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:

