

# Mindfulness Activity: Bubbles!

Bubbles are a great way to practice belly breathing with kids. Deep breathing can help calm down kids and adults. When we bring fresh air into our bodies, we feel less stressed.

Practicing deep breathing with bubbles:

- Take a deep breath through the nose filling up the belly
- Slowly blow out and make bubbles
- See who can make the biggest bubble

## Bubble Recipe:

3/4 cup water

1/4 cup Dawn soap

1 Tbsp glycerin (optional)

Very gently mix all together



## Bubble Wand:

- Bend the pipe cleaner in half
- Twist the top to form a circle
- Add colored beads to the bottom
- Put the ends through the last bead to lock in place.

Be careful not to get in your eyes or mouth.