



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)
- This can be a great activity for field day!

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

