



# 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:



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