

Mindfulness Bubbles



Taking a moment to be calm and relaxed during a busy day can help us feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

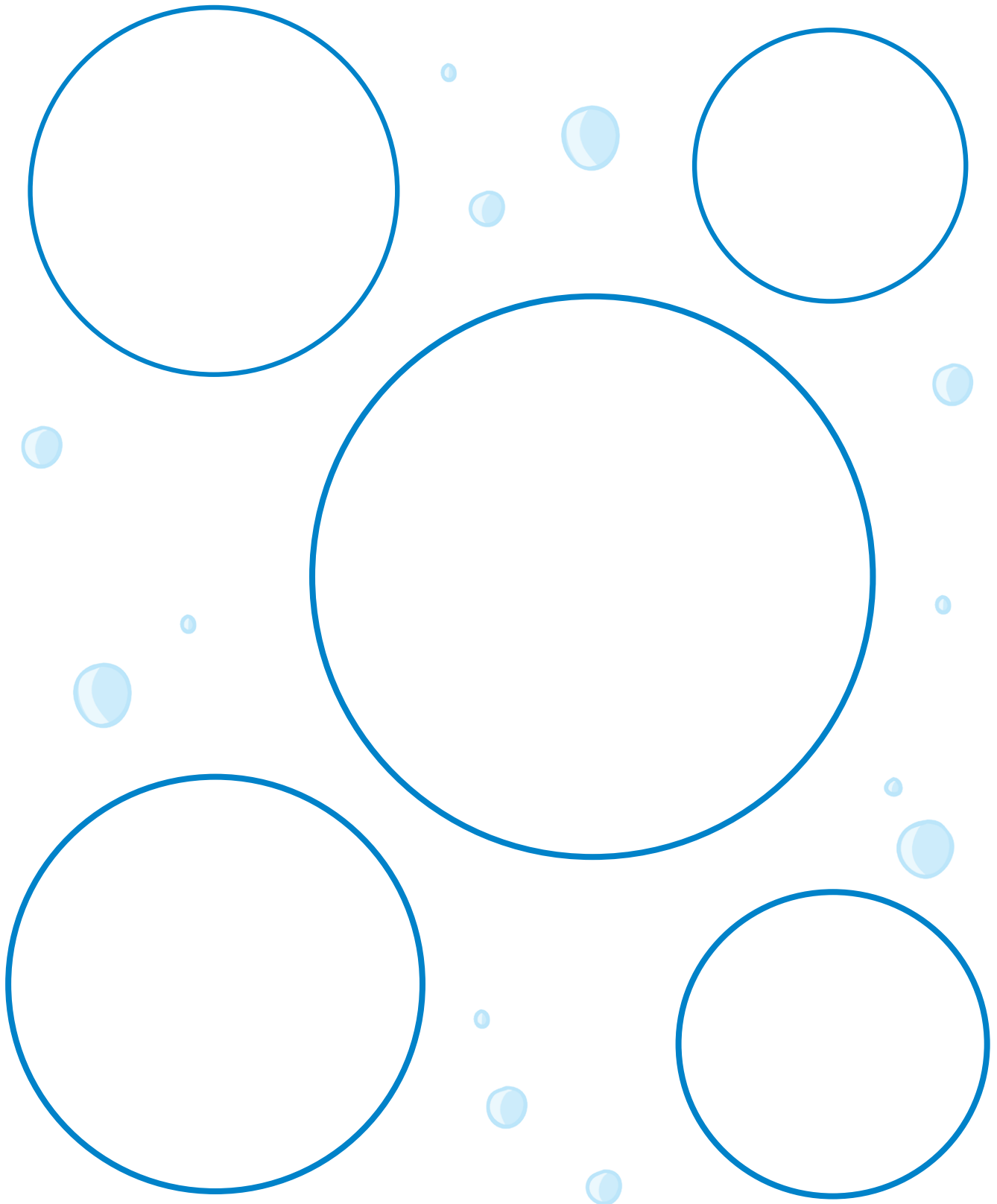


Using bubble mixture and a bubble blowing wand, blow bubbles into the air using slow, gentle and long breaths.

As each bubble floats away, just watch it. As you watch it, think of something that makes you feel happy. Thinking of things that make us happy can help us to have a good day.



On the bubbles below, draw or write the things you thought about that make you happy.



Well done for taking a mindful moment in your busy day!
How do you feel?