



Boys & Girls Clubs
of Hamilton



“Be the Bubble”

Breathing Mindfulness Activity

Blowing bubbles is a lovely way to slow things down. This activity can increase children’s self-regulation, reflection, and even compassion. This is a sensory experience for the body and the mind.

Instructions for children

- Imagine that you are a bubble. As you breathe in, focus on your body being filled with air, just like a bubble is filled with air.
- As you breathe out, feel your body relaxing, letting your thoughts about the past and future float away. Just like a bubble floats away.
 - Focus on your feelings and thoughts about the present moment.
- Let children blow bubbles. Ask them to tell you how they are feeling when they are filling their lungs with air.

Repeat several times! Find out what the experience was like for your children. How did their bodies feel? What was it like to focus only on the present and letting the past and future float away?

If your children are too young to learn how to blow bubbles, you can do it for them. Encourage them to watch the bubbles and follow them as they float away. Ask them to pay close attention to the bubbles as they form, detach, and pop or float away.

