

Cumbria County Council

What can I do today?



This week it is ...mindful breathing

Friday

Bubbles

- Bubbles are a great way to help teach children to do slow calm breathing.
- Find a calm comfortable place to sit with your child.
- Using some bubbles (shop bought or homemade) have your child practice taking a slow deep breath in and slowly blow out to make a big bubble.
- Encourage them to wait a moment before taking the next slow deep breath in and slowly blowing out again.
- Ask your child to imagine putting any worries they have in each bubble and watch it float away...
- If you haven't got any bubbles, ask your child to make a small round shape with their hands. Take a deep breath in and as they breathe out make the shape bigger and bigger by moving their hands wider and wider apart.
- Blow your worries away...