

Relax breathing through blowing bubbles

Children can experience worry and anxiety at any time but perhaps particularly more so as we transition out of lockdown.

One of the physical side effects of anxiety or fear is the shallowness of breath. When this happens less oxygen gets to our brains making it difficult for us to think clearly and relax.

Deep breathing is a great way to manage anxiety and make us feel calm. Simply taking a series of deep breaths will slow down a child's heart rate, and help them to feel more in control. This simple and fun activity can help to calm children's breathing if they are feeling stressed, anxious or over-stimulated.

Learning aims

- Reduce stress and anxiety
- Promote calmness and happiness
- Explore feelings
- Reduce tension
- Improve focus and concentration.

Resources

- Bubble mix with wands
- Quiet space.



Activity Outline

Blowing gently to create bubbles is a good way to be playful and breathe deeply.

- Provide children with a bottle of bubble mix and a wand each
- Explain that they are going to create some bubbles
- Explain that they will need to concentrate very closely on their breathing as they need to breathe in deeply and then blow out carefully and slowly to create bubbles
- Allow children to practice blowing bubbles
- Focus on blowing lots of small bubbles at first, then get them to try and blow one large bubble by breathing deeply and then slowly releasing it
- Encourage children to keep trying until they have used all of their bubble mix
- While they are doing so, focus your commentary on the children's breathing
- Ask the child to tell you about their breathing and how a deeper and slower breath makes them feel
- Once they recognise and tune in more to their breathing they'll be able to start to practice deep breathing without the bubbles
- Children will have fun chasing and popping the bubbles before returning to a calm breathing technique to blow more.

This is also an excellent activity for adults to help focus breathing too, so be sure to join in!

Extending the activity

Try other activities which help children to focus on their breathing such as counting breaths in and out or holding out one hand and tracing round fingers using the other hand, encouraging children to breathe in as they trace up and out as they trace down.