**Blowing Bubbles Mindfully**

A lovely outdoor activity (or indoors if you don’t mind bubbles on your carpet!).

Mindful activities for kids

How to do it

Encourage them to take a deep breath then breathe out slowly into the bubble wand. Suggest they focus on the bubble, watch as it forms then floats up and away until it disappears. Your students will probably get very excited by the bubbles and want to jump up and catch them. Try and focus them on the first two or three bubbles, breathing as slowly as they can.

Great for: inspiring your child to get involved in a sensory experience, using their mind and body.

