

Bubble Breathing

For this mindfulness breathing activity all you will need is

1. A quiet comfortable place to sit or lie down
2. A stopwatch, phone or clock
3. 3-5 minutes of your time

Set a timer for 3 minutes or longer if you wish.

Find a quiet place, make yourself comfortable and follow the guide below.

Remember to breathe in through your nose and out through your mouth.

Continue breathing until your time is up.

This breathing activity can be done at any time of the day or when you might feel stressed, tired or sad.

The more you practice the more calm and relaxed you will feel.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.