

Mindfulness Activity

Blowing bubbles

You will need a bottle of bubbles or some washing up liquid. Blow the bubbles 'slow-mo' style. Take a deep breath in through your nose and then slowly and gently blow out through your mouth to make some bubbles. Focus on watching the bubbles you have made. Think about how many bubbles there are, are there lots or just a few? How high did you blow them? What size are the bubbles, are they big, small, all the same size or all different? Are they falling quickly or slowly, what words can you think of to describe how they are falling? Do they pop when they land or do any sit gently on the ground? Take your time focusing and watching what happens to the bubbles. When all the bubbles have popped you can repeat the activity, going through the same steps and thinking about the same questions, are the bubbles the same this time or are they different?

