

Blowing Bubbles

Outcome: The deep breathing required to blow bubbles is great for relaxation and stress relief. Deep breathing helps decrease stress, reduces anxiety, and helps children stay calm and focused. Make the bubbles available as a tool to help your child manage their big feelings and emotions.

Materials Needed: A bottle of bubbles for you and your child that you can buy in a store OR you can make your own bubbles at home (recipe below).

How:

- Offer a bottle of bubbles with a bubble wand to your child when they are feeling a big emotion. You may go outside with your child and blow bubbles together.
- Blowing bubbles with your child not only helps them to regulate their emotions, but it also helps you as a caregiver to manage your own feelings, too.

Make your own bubble solution:

- 4 tbsp tap water
- 1 tbsp concentrated dish soap (dishwashing liquid)
- 2 tbsp sugar
- bubble wand (you can make your own out of pipe cleaners)