



# BUBBLE BREATHING



**If you find yourself feeling scared, sad,  
angry or upset, try to practice**

## **BUBBLE BREATHING**

**To calm you down and help you to feel  
brave.**

**Pretend you are trying to blow a bubble  
through a bubble wand. Take a deep  
breath and blow **LOW** and **SLOW** to blow up  
your bubble enough without making it pop!.  
You can pretend you are blowing all of your  
worries into the middle of the bubble and  
then you can send your worry bubble off  
into the air taking your worries away with  
it!**