

BUBBLE BREATHS

Pretend you are in the bubble blowing championships. The one who blows the most bubbles in three breaths wins!

The best way to blow the most bubbles is to take a long, deep breath and slowly and gently exhale into the bubble wand.



Let's practice...

- ✓ As you count to 4 in your mind, breathe in slowly. Try to fill up your lungs with air all the way down to your belly button.
- ✓ Hold your breath for a count of 4 and get ready to blow those bubbles.
- ✓ Slowly and gently blow through the bubble wand. Try to exhale for a count of 4. How many bubbles did you make?
- ✓ Repeat these steps 2 more times.

You can use bubble breaths anytime you want, even if you don't have bubbles. Just imagine you are blowing bubbles as you take a slow breath in, hold it, and then breathe out as slowly as you can.

Practicing bubble breaths can help you feel better when you are mad, sad, or even scared. Keep practicing and you'll be the bubble-blowing champion in no time!