

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
1+



ESTIMATED TIME:
5mins

Bubble breathing

ACTIVITY OBJECTIVE:

To help young people find calm and composure through breathing exercises.

MATERIALS REQUIRED:

No materials required

INSTRUCTIONS:

1. Ask young people to find a quiet and comfortable space.
2. Tell them to imagine they are holding a pot of bubbles.
3. Tell them to imagine they are taking out the wand from their pot of bubbles.
4. Ask them to take a deep breath in and imagine they are gently blowing a bubble, focusing on breathing out.
5. Ask them to repeat this technique for at least five minutes, noticing any changes in the way they feel.



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.