



# Happy Breathing script

*Bubble breathing*

## Bubble breathing

*<If you think your children would enjoy it you can always practice this with real bubbles first or you can get them to imagine it>*

Sitting down nicely i'd like you to close your eyes or just look in your lap take some nice deep breaths and feel your body start to relax.

In this happy breathing session, we are going to be teaching you how to breath nice deep breaths.

I'd like you to imagine you have some bubbles in your hand, the type where you dip a wand in the bubbles pot and then blow through the wand to make your own bubbles.

Now, imagine you have some bubble liquid on your wand and it is time to blow. Remember, you must blow long and slow breaths to make the bubbles appear, if you blow too fast then the bubbles will pop.

So, let's take a nice slow deep breath in and now imaging you are creating bubbles blow slowly out through your mouth.

Let's try that again, nice slow breath in and a nice calm slow breath out.

In and out  
In and out  
In and out...

Now imagine the room is filled with all the bubbles you have created, imagine them gently floating around the room as you continue to breath in and out, nice and slowly and calmly, let your breath feel as soft and gentle as the bubbles that are floating around you.

Keep focussed on your calm breathing now for a few more breaths

How does that feel?