



Worry Bubbles

Calming

Duration

5 minutes

Age

6+

Supplies

Bottle of bubbles

Instructions

- 1 Explain to your child that sometimes worry feels like tiny bubbles inside our bodies. We can feel our worry in our tummies, face, head or shoulders.
- 2 Ask your child to think about a bothersome worry. Imagine blowing that worry into the bubble. The worry is now trapped inside the bubble. It's no longer in our bodies.
- 3 Watch it float away. It can no longer bother you. Keep blowing bubbles, until all your worries have floated away.

Tip

Help your child name the worry.

Questions

Do you feel calm?

