**BLOWING BUBBLES TO RELAX**

**This is a tried and tested method by the ELSA and a fun way to do some mindful and calming breathing, plus it makes pretty bubbles!**

 ****

* **Have a bottle of bubbles- obviously!**
* **Take the bubble wand out.**
* **Breath in deeply through your nose and hold for 3 seconds**
* **Exhale gently though your mouth, if this is done slowly it will produce lots of bubbles through he wand.**
* **Practice this until you are happy with your breathing, remember- nice and calm and slowly.**
* **Repeat the process at least 5 times- not only did you make bubbles which are cool at any age, but you have relaxed your body and mind.**
* **Do as many times in a day as you need.**