



## The wonderful thing about bubbles!

If a child (or adult) become overwhelmed with emotion and are struggling to regulate, it's helpful to practice deep breathing. It's no secret that taking deep breaths can help restore a sense of calm when anxiety hits, and a great way to explore this concept is to have children blow bubbles when they're feeling anxious.

Start by giving your child their own bottle of mini bubbles to practice, and once they've mastered the concept, have them practice blowing bubbles without the wand. This will give them an effective coping strategy they can use when big emotions threaten to take over during the day (and beyond)!



## Making 'hand bubbles'

- 2 1/3 cups of water
- 1 cup washing up liquid – note that the brand of washing up liquid you use can make a real difference with bubble mixtures. Fairy is known to work well, but other brands that also work are; Morning Fresh or Dawn. If you use a different brand and your bubble mixture fails it's probably the reason why.
- 1/2 cup glycerine



Mix all ingredients together in a storage container that can be covered with a lid (**allowing the mixture to rest overnight, will help this work better**). Also, Before making bubbles the next day remember to give the mixture another good stir.



Dip your child's hands into the mixture and rub together until you get a lather, then form hands into a ring shape and blow bubbles. Because you're hands are covered in a soapy lather the bubbles will stick to them without popping and they can be distorted and passed from hand to hand. The extra glycerine in this recipe causes the bubbles to be stronger and longer lasting than usual bubbles, but if you attempt to catch them with non-soapy hands they will still burst.

