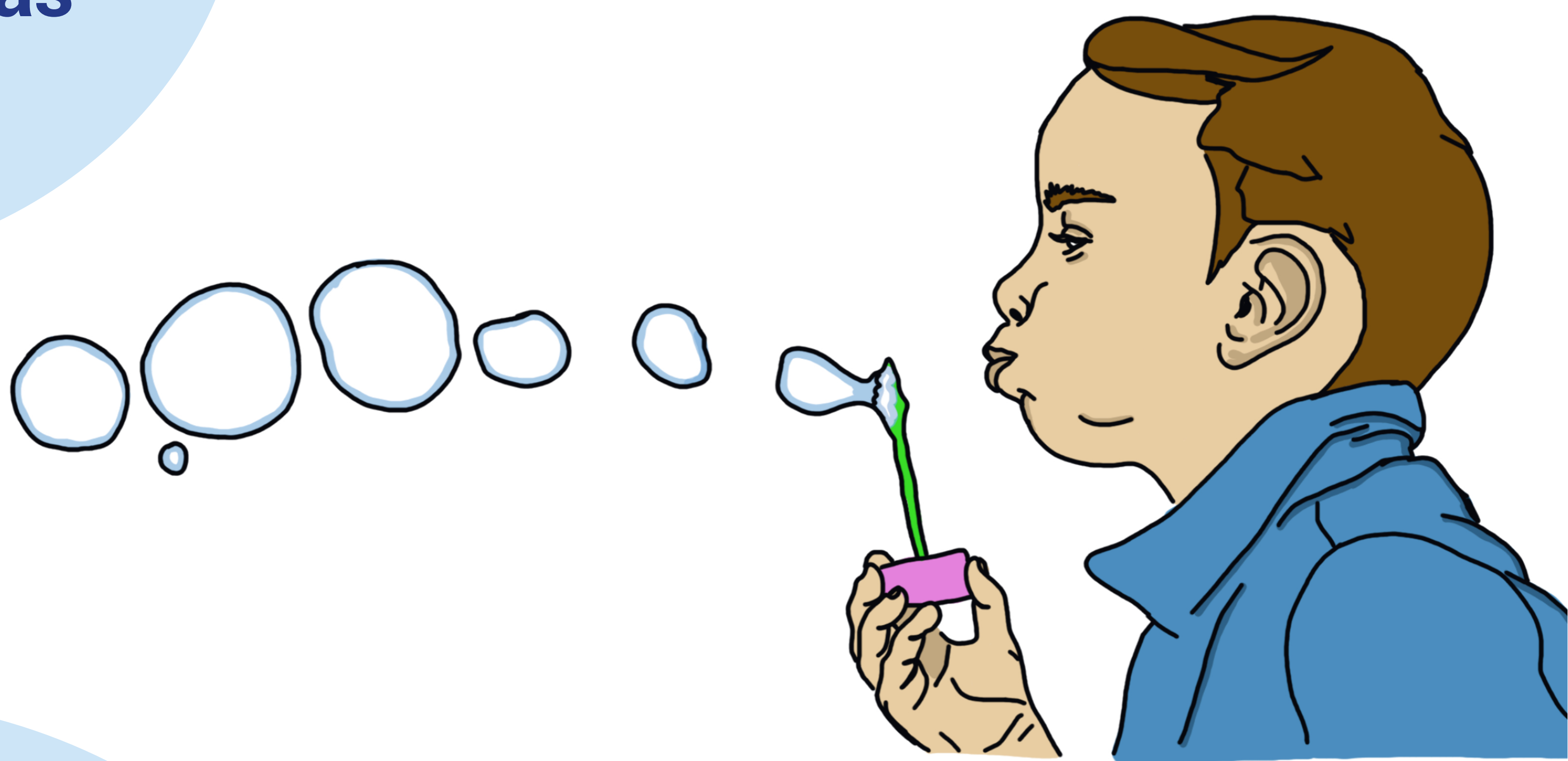


BUBBLES BREATHING EXERCISES

A really fun way to help you relax is by blowing bubbles!

Take a deep breath in and blow out slowly into the bubble wand, blowing as many bubbles as you can!



When you have practiced, you can use your imaginary bubble wand (or make one) to remind you how to breathe slowly if you start feeling worried or stressed.

Have a go at blowing bubbles by yourself or with others!