



MAYA'S LOVE

# MINDFUL BREATHING

## Bubble Breath Technique

### INTRODUCTION

Mindfulness centers around being present in the moment, aware of how your mind and body feel, and acknowledging your thoughts without judgment. Want to give it a try? Blowing bubbles is a fun and easy way to do so!

### INSTRUCTIONS: BUBBLE BREATHING

- Open your bubble bottle and remove the bubble wand.
- Take a deep breath and hold it for a moment.
- Breath out slowly through the bubble wand, blowing the bubbles.
- Pay attention to your exhale and bubbles it creates.
- Imagine the bubbles as stressors or anxieties that float away with each breath.
- Repeat!

### SELF- REFLECTION

1. How did you feel during the breathing exercise?
  
  
  
  
  
  
  
  
  
  
2. Did you notice any changes in your body or mind after practicing this technique?