

“Thought” Bubbles

In a busy world, it is important to take some time for yourself. Being able to appreciate the present moment is a gift you can give yourself, and practicing mindfulness can help. One of the foundations of the practice of mindfulness is bringing awareness to your breath and how it feels. In this exercise, you will practice this by “seeing” your breath using bubbles.

What you’ll need:

Make your own bubble wand:

- One or more plastic lids with the centers cut out
- Pipe cleaners bent into shapes.

Bubble Solution:

- 1 c. water
- 4 Tbsp. Dawn® liquid concentrated dish soap
- 1 Tbsp. glycerin or corn syrup



Here’s what to do:

1. Get a bubble wand and a cup of bubble solution.
2. Start blowing bubbles and watch as they float away and pop.
3. As you blow a bubble, place a thought inside the bubble, and watch it float away and pop.
4. Focus on your breath and take your time blowing the “thought” bubbles. Bring attention to how you feel as you see each bubble float away and pop.

Having trouble coming up with thoughts?

Ask yourself:

- What is something I am passionate about?
- What is something I am annoyed about?
- What is one important thing that has happened to me today?
- What is one habit I can develop to help myself?