



BUBBLE FEELINGS

Use bubbles to notice, name, and make space for emotions through play.

AGES 3+

5-10 MIN

ADULT SUPERVISION

WHAT YOU NEED

Bubble solution, a bubble wand, and an open area with a dry, non-slip surface.

TRY IT

- 1 Invite the child to choose a feeling for a bubble: This bubble is my excitement or This one feels nervous. The adult can model first.
- 2 Take a comfortable breath and blow a few bubbles. Naming the feeling is optional; colors, sounds, gestures, or pointing work too.
- 3 Watch the bubbles move. Pop them, let them float, or simply observe. Ask: Where do you notice that feeling in your body?

WHY IT HELPS

Play can make emotion words feel less demanding. The activity supports expression and body awareness without requiring a child to explain more than they are ready to share.

MAKE IT YOURS

If blowing is difficult or uncomfortable, an adult can blow while the child chooses the feeling, watches, points, or pops. Feelings do not have to disappear for the activity to be successful.

SUPPORT + SAFETY

Adult supervision is required. Bubble solution is not for drinking; keep it away from eyes and wipe spills promptly. Stop if the activity feels uncomfortable or overstimulating.