



**Virtual Activity:  
TAPS Good Grief Camp at Home**

Activity Created/Presented by:

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Activity Name:

Bubble Breathing and Art

Age Group:

4 to 12

Description:

Pour bubbles into small containers and add one drop of food coloring in each container. Use one color per container. Then use the bubble wand and blow bubbles on the paper. Encourage big deep breaths in order to make bigger bubbles. This will help the child practice deep breathing that can be used when upset and overwhelmed. Not only does it practice deep breathing, it also makes a pretty piece of art.

Supplies Needed

Bubbles

Bubble wand

Food coloring

Plain white paper

Adaptations

If you do not have bubbles, mix water and dish soap.

If you do not have a bubble wand, you can use a straw.