

Bubble Blowing and Feather Blowing

Materials: Child Proof bubble container

Bubbles

Feathers

Straws

Objective: To help the children learn relaxation breathing
To self calm

Procedure: Both activities require the adult to talk about taking a deep breath in and taking a breath out.
The bubble containers can be used in the classroom either in a designated spot or through-out the room.
The feather activity is done, by first cutting the straws in half then giving each child a straw and 1 feather.

Observations: The children all wanted a turn blowing the bubbles, but after a few days only 3 children have been using it on a daily basis. The feather blowing worked well. It was harder for some children to keep the feather up but they kept trying and no one wanted to stop. We use this activity for transitions.

Recommendations:

The bubbles seem to work best when there is a special place for the bubble blowing

The feather blowing activity works well when the children lay down on the floor with quiet music