

1 Bubble time

Pupils imagine they are in their own bubble, ready to do mindfulness.

Intention: Pupils practise kindness and respect in a shared environment.



SEL competency: **Relationship skills** Learn to share

Duration: 3–5 minutes

Materials: (Optional) A bottle of soap bubbles or an image of a bubble.

Use **Poster 3** for visual support

Key words: *back, big, bubble, colours, feet, flat, floor, hear, noises, quiet, small, sounds, still, straight*

Instructions:

Prepare

- 1 You may want to pre-teach the key words for this activity. Use pupils' first language when needed.
- 2 Introduce the practice. You may like to introduce the idea of bubbles to pupils by using real soap bubbles or an image. Ask and elicit answers: *What's this? What colours can you see in the bubble?*
- 3 Say: *We're going to imagine we're in our own bubble, to practise mindfulness.* Use **Poster 3** for visual support.

Practise

- 4 Now invite pupils to begin the opening routine: *Please sit up with your back straight. Put your feet flat on the floor.* (See 'How to use' Card and Methodology Handbook for support on the opening and closing routine.)
- 5 Draw a bubble around yourself with your hand and invite pupils to do the same: *Draw a bubble around you with your hand. What's your bubble like? What colour is it? Is it big? Is it small? Show me with your hands.*
- 6 Explain to pupils, using gestures or your pupils' first language where needed: *In our bubble, we're quiet and still. We don't talk to our friends. We're together, but we're all in our own special bubble.*

- 7** Continue: *Close your eyes or look down. Remember you're in your own bubble. Just sit and listen to any sounds you can hear.*
- 8** After 30–60 seconds, invite your pupils to open their eyes slowly: *When I count to three, open your eyes. One, two, three.*
- 9** To end this part of the practice, you could invite pupils to use one finger to pop their own bubble by showing them how you pop your bubble: *You can pop your bubble now.*

Reflect

- 10** Invite pupils to share how it felt to sit quietly in their bubble for a moment: *Do you like your bubble? What do you hear in your bubble? Do you like sitting in your bubble?*
- 11** There are no right answers, so just encourage pupils' observations: *Good noticing! That's very interesting, thank you.*
- 12** Bring the practice to a close: *Maybe next time we can sit for a bit longer. It's good to practise taking a pause from our busy day.*
This activity is something that can be used again and again when setting up mindfulness activities. Encourage pupils to think of this time as special and different to regular class; a time just for them to enjoy being quiet and turning their attention inward.

Bubble time is for me to sit and be!