



DEALING WITH DIFFICULT EMOTIONS: USING BUBBLES TO HELP KIDS DEAL WITH STRESS

By Wayne Stocks

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Stress is a huge issue for all kids in our society today. The levels of stress amongst children from disrupted homes though is through the roof. Dealing with things like fighting parents, complex schedules, new homes, new family members, stressed out parents, packed schedules and so much more can leave kids and teens from disrupted homes with lots a stress and little time.

One simple solution which works amazing well with younger kids (though you may be surprised how well it can work with older kids too) is a simple container of bubbles. Here are a couple of ideas of how to use bubbles to help kids deal with stress.



Visualization with Bubbles

Bubbles are a great way to help kids visualize their emotions. Whether they are experiencing anger, stress, fear or other emotions, encourage the children to visualize each bubble as a negative emotion and watch it float away. Talk about the things that are stressing them out and encourage them to release those things in the bubbles as they float away. For younger children, allow them to stomp on the bubbles as they land on the ground.

In addition to being a good visual reminder of letting things go rather than keeping them buried inside, the process of blowing the bubbles also encourages deep breathing.

Bubble Karate Master

Another option for bubbles is the Bubble Karate Monster. As you blow bubbles encourage kids to demonstrate their best karate moves to pop the bubbles. The only rule is no clapping the bubbles (that's too easy), kids must use their feet and open hands to karate chop the bubbles. In addition to the breathing mentioned above, this simple exercise gets kids moving and using cross lateral movements (where arms and legs cross the body). This type of activity is a great stress reliever, and you may want to join in the fun if you're feeling a little stressed yourself!

