



**Cymru**  
National Day Nurseries Association

# Factsheet



## Bubble Blowing Activity (Gweithgaredd Chwythu Swigod)

**Wales**

# Bubble Blowing Activity

## Gweithgaredd Chwythu Swigod

Children can experience worry and anxiety at any time but perhaps particularly more so as we transition out of lockdown.

One of the physical side effects of anxiety or fear is shallowness of breath / **anadl**.  
When this happens, less oxygen gets to our brain / **ymenydd** making it difficult for us to think clearly and relax / **ymlacio**.

Deep breathing is a great way to manage anxiety and make us feel calm / **tawel**.

Simply taking a series of deep breaths will slow down a child's heart rate and help them to feel more in control. This simple and fun activity can help to calm children's breathing if they are feeling stressed, anxious or over stimulated.

### Learning Outcomes

Reduced stress and anxiety  
Increased calmness and happiness  
Exploring feelings  
Reduced tension  
Improved focus and concentration

### Resources

Bubble mixture with wand for each child  
  
Quiet place

### Amcanion Dysgu

Llai o straen a phryderon  
Hybu tawelwch a hapusrwydd  
Archwilio teimladau  
Llai o tensiwn  
Gwella ffocws a crynodiad

### Adnoddau

Cymysgedd Swigod a gwialen i bob plentyn  
  
Lle distaw

## Activity outline / **Amlinell Gweithgaredd**

Blowing gently to create bubbles / **swigod** is a good way to be playful and breathe deeply.

Provide children with a bottle of bubble mix and a wand each. Explain that they are going to create / **creu** some bubbles, how they are going to do this and allow them to practice.

Focus on blowing / **chwythu** lots of small bubbles / **swigod bach** at first, then get the children to try and blow a large bubble by breathing deeply and then slowly releasing it.

Encourage the children to keep trying until all the bubble mixture has been used.

Whilst they are doing this, focus your commentary on the children's breathing / **anadlu** and how a deeper, slower breath / **anadlu dwfn ac araf** makes them feel / **teimlo**.

Once they recognise and tune in more to their breathing, they'll be able to start to practise deep breathing / **anadl dwfn** without the bubbles / **swigod**. Be sure to join in and have fun / **hwyl**.

## Word Bank and Useful Phrases

Bubble

Small

Big

Breathe

Deep breathing

Relax

Heart

Quiet

## Geirfa ac Ymadroddion Defnyddiol

Swigod

Bach

Mawr

Anadl

Anadl dwfn

Ymlacio

Calon

Tawel

Calm

Feeling

Breathing exercise

Blow small bubbles

Blowing slowly

Blow a big bubble

Time to be calm

Counting 1 2 3 slow deep breathe in

Counting 1 2 3 slowly breathe out

And again 1 2 3 slow deep breath in

Tawelwch

Teimlo

Ymarfer anadlu

Chwythu swigod bach

Chwythu yn araf

Chwythu swigod mawr

Amser i fod yn dawel\*

Cyfri 1 2 3 anadl dwfn i mewn

Cyfri 1 2 3 anadlu allan yn araf

Ac eto 1 2 3 anadl dwfn i mewn

- \*Note all adjectives mutate softly after yn \*e.g tawel becomes dawel\*

## Further support – Well-being in early years

- <https://bit.ly/3ocjAcQ>
- Book Trust Cymru - Free Audio books / *Beni ai fysedd rhyfeddol* – Beni the puffer fish and his wonderful fingers amazing bubbles - <https://bit.ly/2HltE23>.

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★Brighter thinking  
for early years

# Factsheet

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We are the voice of the 21,000-strong nursery sector, an integral part of the lives of more than a million young children and their families. We provide information, training and advice to support nurseries and the 250,000 people who work in them to deliver world-class early learning and childcare.

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