



Blowing Bubbles

(Adapted from Cuneo, 2013)

Blowing Bubbles is an active exercise that's useful for focusing on the present moment while also becoming aware of one's thinking process, practicing letting go, and defusing from thoughts. It's a playful exercise.

Materials: Bubble solution, bubble wand

Total time: 20 mins, preferably outside

Once outside, find a comfortable spot and begin blowing bubbles. Notice the process of blowing bubbles – dipping the wand, the excess solution dripping off, the act of inhaling and then exhaling while you direct the air flow through the wand. Now, observe how each bubble slowly rises and then drifts away. Notice how the bubbles float, taken by the air, and then pop.

When your attention wanders, notice where it goes. What thoughts, emotions, images, or other experiences showed up just now? See if you can acknowledge where your attention went and gently bring it back to the task of mindfully blowing bubbles.

See if you can notice the shift from internal experiencing (i.e., thinking, feeling, remembering, planning, etc.) to external experiencing (i.e., watching the bubbles form, smelling the solution, hearing the faint pop of the bubbles). As best you can, observe the bubbles while also being aware and accepting of what your mind is generating. See if you can expand your awareness to both and make space for both what you are thinking and feeling as well as mindfully blowing bubbles.