

Bubble Meditation

Imagine that in your hand you are holding a bottle of bubbles. On the bubbles is written the word peace bubbles. These are very special bubbles because they are filled with feelings of peace and happiness.

Dip your bubble wand into your bottle of peace bubbles now and blow some bubbles to your family. Watch the peace bubbles drifting through the air towards your family. See the peace bubbles pop on the people in your family and as the peace bubbles pop see your family smiling, the peace bubbles are filling your families with feelings of peace and happiness.

Now, dip your bubbles wand in the bubble mixture again. This time send some peace bubbles to your friends. See the bubbles floating through the air towards your friends.

As they land on your friends see them smiling and filling up with peace and happiness.

Now, it's time to blow some peace bubbles to all the children in your class. Dip your bubble wand into the bubble mixture and blow some bubbles now to all the children in your class.

See the bubbles drifting through the air and popping gently on the children in your class.

As they pop, see the children in your class smiling and filling up with feelings of peace and happiness.

Now, let's blow some peace bubbles to your whole school. Dip your bubble wand in the bubble mixture and blow some bubbles to the children in your school. See the peace bubbles floating through your school, into all of the classrooms, popping gently on the children, the teachers, all of the people who work in the school. And as the bubbles pop, see all the the people in your school smile and fill up with peace and happiness.

Put your bubble wand in the bubble mixture again and this time blow some peace bubbles to all the people in your neighbourhood. See the peace bubbles floating and drifting through your neighbourhood. Into the houses, down the streets, into the shops, popping on people you know and popping on people you don't know. As the bubbles pop, see the people in your neighbourhood smile and fill up with feelings of peace and happiness. Filling up with feelings of peace and happiness from the top of their heads to the tips of their toes.

Now, it's time to blow some peace bubbles to yourself. Dip your bubble wand in the bubble mixture and blow some peace bubbles to yourself. Hold out your arms and hands and feels the peace bubbles gently pop on you. Feel the bubbles gently pop on your head, your face, your tummy, your legs and feet. As the bubbles pop feel yourself filling up with peace and calm and happiness. Feel this lovely feeling fill up your whole body, feel it fill up every part of your body, with peace, calm, happiness and good feelings, it feels so lovely!

Notice how you feel inside now, how does your head feel? How does your heart feel?

How does your tummy feel?

Keep noticing how you feel inside until you hear the sound of the bells.

