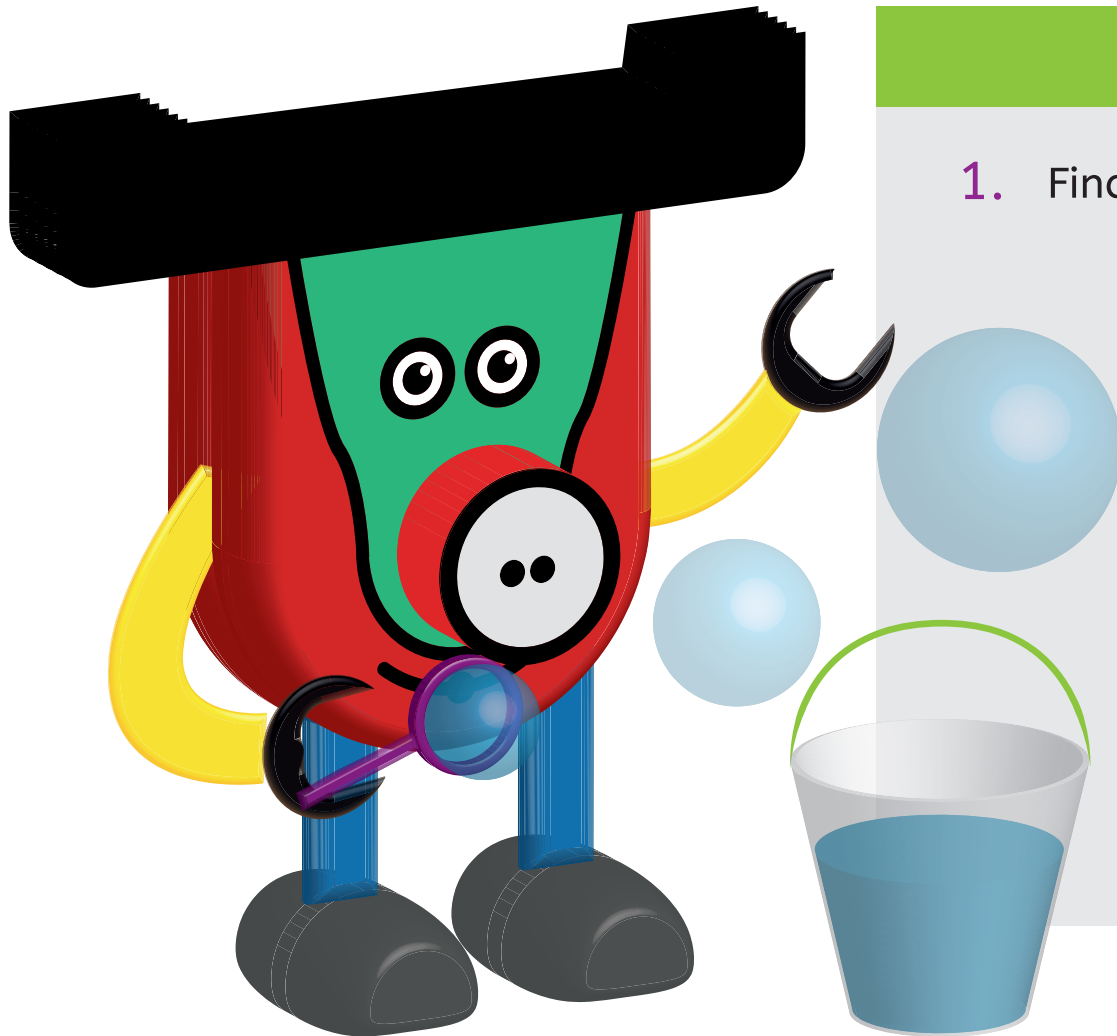


Ina's Blowing Bubbles

With the superpower of breathing, Ina has lots of fun games that involve breathing exercises. This game is about blowing bubbles by breathing out gently.



Instructions

1. Find a responsible grownup.
2. Fill a bucket or a large bowl with a squirt of washing up liquid and some water.
3. Find objects with holes in them. Like an old CD, serving spoon (with holes), forefinger and thumb in a circle shape, colander, plastic flower pots, ring spanners, round end of keys plus anything else you can find.
4. If safe to do so dip them in the water and blow bubbles like Ina.