

## Objective 1

### Regulates own emotions and behaviors

#### a. Manages feelings

Related Objectives: 8a, 14b, 36

## What You Do

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- 1. Hold up your hands to make a small circle and say, "Look at my little bubble. I want to make a great, big bubble. Can you blow a big bubble with me?"**
- 2. Encourage the children to hold up their hands in a circle and blow up their bubbles with you.**
- 3. Take deep breaths and blow into your bubble making a bigger circle each time until you make a big bubble with your arms.**
- 4. Blow one last time and say, "Pop!"**

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- Pretend to blow up other objects such as a beach ball or a balloon.
- Start by making a big bubble with your arms and ask the children to help suck all of the air out of the bubble, making your bubble smaller with each inhaled breath.
- Hold up a numeral card and invite children to blow that number of breaths into the balloon.
- Invite children to become the balloon and form a small circle, holding hands. As they blow the balloon, ask them to take steps backwards until the balloon can't stretch any further. As children take one last step and unlink hands, say, "Pop!"

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