



# Comfort Bubble



Close your eyes if that feels okay. If not, you can look down at your hands.

Start by taking some deep breaths. In through your nose hold for a count of two, then slowly exhale through your mouth. Repeat this 4 times.

Imagine in front of you is a big, soft bubble made of warm, gentle light. This is your Comfort Bubble. It can be any colour you like - maybe blue, pink, gold or the colours of the rainbow.

Now imagine this bubble is slowly floating closer to you....and gently wrapping around your body like a warm hug. Feel how soft and safe it is....it doesn't squeeze....it just holds you gently.

Inside this bubble, you are safe. Your feelings are allowed to be there. You don't have to be brave or strong right now....you just get to rest.

Notice your breathing.....in...and out....The bubble rises and falls with each breath you take.

Now think of something that makes you feel safe or comforted. It could be a person who cares about you....a favourite place....a pet...a warm blanket....or a happy memory.

Imagine putting that inside your Comfort Bubble. Let it fill the space with warmth and calm.

In a moment I want you to open your eyes. Your Comfort Bubble will slowly get smaller...but it doesn't disappear.

Imagine it shrinking down and sitting softly in your heart or in your pocket. You can use it anytime you need to feel calm

Open your eyes slowly. How are you feeling now?



Somewhere comfortable to sit or lay.