PAUSE!

Stop. Breathe. Think. Choose.

You can't always choose what happens, but you can choose what you do next!



1 LOOK AT THE STORY

Forge just lost the game. He feels really disappointed!

What do you notice?



2 PAUSE STEPS

Use **PAUSE** to help you make a better choice.

STOP
Notice your feelings before you act.

BREATHE
Give yourself a moment.

THINK
What could happen if I act this way?

CHOOSE
Make a choice I'll feel proud of!

3 YOUR TURN!

Think about a time you felt disappointed.



What happened?

How did you feel?

What could you do next time? Use PAUSE!



Let's Practice PAUSE!

Different situations. Same strategy.

Take a moment.
Think it through.
Choose what you do next!

1 SCENARIO 1: IT'S NOT FAIR!

You are playing a game with your friend. They get a turn you didn't expect and now they are winning. You feel really upset!



What happened?

How did you feel?

What could you do next time? Use PAUSE!

2 SCENARIO 2: A HURTFUL COMMENT

You are working on a project and a classmate makes a mean comment about your idea. It hurts your feelings!



What happened?

How did you feel?

What could you do next time? Use PAUSE!

Remember PAUSE!

STOP
Notice your feelings.

BREATHE
Give yourself a moment.

THINK
What could happen if I act this way?

CHOOSE
Make a choice I'll feel proud of!