



“There is a light waiting in every child — the pause button reveals its shine!”

Letter for Administrators

Dear Administrator,

Project Pause: Revealing the Little Light Within is a mindfulness-based program designed to help students of all ages build emotional resilience, confidence, and connection through mindfulness, journaling, gratitude, and laughter. In a world where stress, social pressure, and digital overload leave many young people anxious and overwhelmed, Project Pause teaches calm as a skill.

Through intentional breathing, reflection, and community connection, students learn to press pause — to find balance, reset their nervous systems, and rediscover joy.

We would be honored to bring this program to your organization or shelter. For more details or to schedule a session, please contact us.

Warm regards,

Sophia Zulueta
Founder, Project Pause

