



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

Letter for Parents

Dear Parent,

We are excited to introduce Project Pause: Revealing the Little Light Within — a student-founded mindfulness and wellness program created by Sophia Zulueta. Our mission is to help students build emotional balance, resilience, and confidence through mindfulness, journaling, and gratitude.

Project Pause creates a safe and uplifting space where children and teens can take a mindful “pause,” learn tools for calm, and reconnect with their inner light.

We invite your child to join us in learning these empowering practices that foster peace, kindness, and self-awareness.

With gratitude,

Project Pause Team

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