

Project Pause – Donor Support Letter

Dear Community Partner,

Project Pause delivers calming, evidence-informed tools to children in schools and pediatric hospitals.

Your support funds Pause Kits that include breathing guides, affirmation cards, journals, and calming lantern lights.

Each \$25 hospital kit supports one child bedside.

Each \$100 classroom kit equips an entire classroom calm corner.

Your donation directly helps children regulate stress, build resilience, and reconnect with their inner strength.

We invite you to help us light a child's lantern today.

With gratitude,

Project Pause