

Guiding your child through a Mindful Pause

Adult Instructions

You may introduce this Mindful Pause to your child by saying...

"I'm noticing that it seems like a good time for a mindful pause. This is a time to check in with how you are feeling and show me how I can best support you.

Let's go through the steps together."

01

Pause and take a breath

You can pause and take a breath with your child



02

How am I feeling?

Invite your child to select an emotion from the feeling faces chart (printed separately.)



03

Where do I feel this emotion in my body?

Invite your child to use a dry erase marker on the body outline to draw the emotion they are experiencing and where they feel it in their body.



04

What do I need to take good care of myself?

Invite your child to choose an option that will best support them; follow through with the selected activity.

These may include 1 minute of mindful breathing, a drink or snack, a short walk or stretching break, or draw a picture or journaling.



05

How am I feeling now?

Invite your child to select an emotion from the feeling faces chart. Acknowledge their chosen emotion and then help them transition back to the learning activity they need to do.

