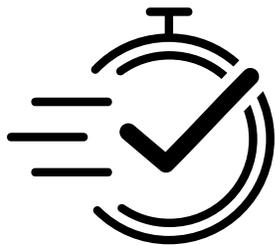


Power of the Pause Activity

A structured self-reflection tool for participants to guide their own growth.

- 1** Pause & Notice - What am I feeling right now?
What is my body telling me?
- 2** Name It - Can I name the emotion or thought I'm experiencing?
- 3** Shift My Perspective - What might be another way of seeing this situation?
- 4** Reflect & Adjust - What did I learn? What will I do differently next time?



Now, go through this exercise as quickly as you can.



Now, go through this exercise with a specific child in mind.



Now, identify specific times where this pause will be helpful.

CC1E