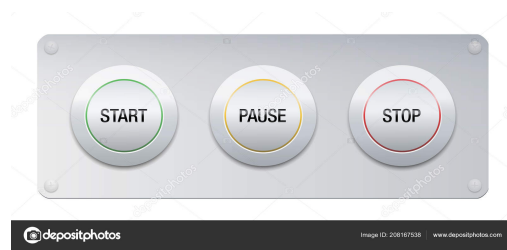


Pause



Pause V stop



Mountain pose



Birds stop singing

TRAFFIC LIGHT MINDFULNESS EXERCISE



- STOP**
 - Stop and listen to your body
 - Pause to feel the emotion
 - Name the emotion
- TAKE CARE**
 - Take slow deep breaths
 - Use coping strategies
 - Say positive affirmations
- GO**
 - Let your feelings go
 - Focus on the present moment
 - Choose how to react



Activities

1. The pause pod

- Understanding how it's important to have our own space and pause pod
- Taking a break – how it helps the brain to file information, understand emotions, reset, and think clearer.
- How to pause in nature e.g notice three good things, smell flowers, walk slow, notice small insects
- The importance of pausing – a rest, being present, reconnecting with our body, centering
- Choosing what we need – what do we enjoy doing in a pause in our busy lives – play, draw, sing etc.

2. Mountain pose

Use mountain pose to create a pause, get balanced and develop strength for the next step, stand with bare feet on the earth and create some positive mantras to say.



3. Poem - I like Me by Jen Raponas

I am brave like the mountain standing still, I am bright like the sun in the sky, I am strong like a tree that grows so tall, I am smart like the stars shining bright, I am gentle like rain falling down, I am kind and I like me

4. Stop V pause

- Musical statues – stop (fully freeze) or Pause (slow down, take a breath, reset)
- Traffic lights - red – stop, listen to body, pause, name emotion, amber- breath, green - choose action
- Play soundtrack of birds singing, stop when birds stop singing. Why or when might birds stop or start singing? (alarm, talking, fear) Go and listen in nature to birds, when they pause, you pause.

5. "One two, cha cha cha" to ground ourselves and use the pause

(Madonna "Medellin")

Verse – stretches, gentle movements, chorus – 'one two' – stamp each foot, 'cha cha cha' - push hands to ground, tap the body gently or high five others,