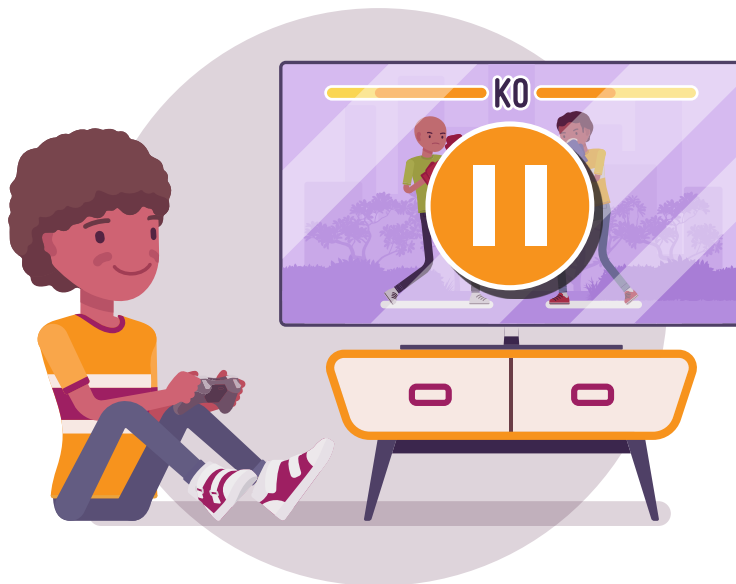


Practice the  
**PAUSE**



Ages 5-12



## *What is a pause?*

When you pause a game, song, or a video—everything stops.

Wouldn't it be nice sometimes if we could pause or stop things happening around us just long enough to take a big, deep breath?

When we feel sad, worried, or afraid, we can say or do things we don't like and that can make us feel worse. We might yell, cry, hit, or break things and not even know why.

But when we do these things, it means we're feeling something deep inside.

**If we stop and think about what we're feeling and why, we can choose to change the way we feel.**

It takes practice. It's hard to stop when our feelings are so strong, but if we can learn to pause—like in one of our games—and think about what we're feeling, we can change how we think, act, or want to be.

And that can make us all feel better.

GET ACTIVE!



## Bubble Breath - *Breathing Exercise*

Imagine you have a birthday cake sitting in front of you. Slowly smell the imaginary dessert by inhaling through your nose for a count of four—then as slowly as you can breathe out through your mouth, blowing out all the candles.



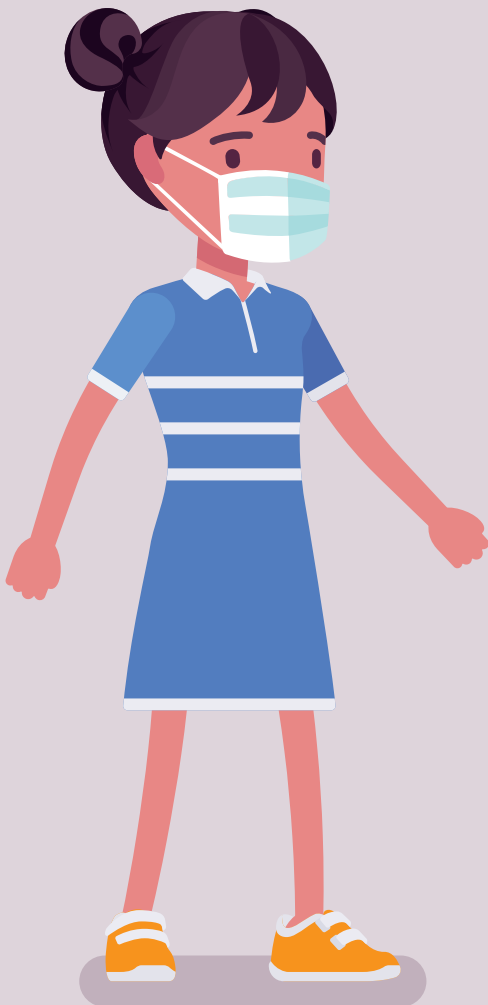
Note: Bubble breathing is a fun way for children to learn to master their response to emotions and stress. Be sure to have them pause for a few seconds between bubble breaths.

## Why we may feel different now.

During COVID-19, we lost some very important things. We didn't see our family or friends as much. We missed time at school. Some of us lost people we love.

Our bodies and our brains had to make all kinds of changes. Change is hard and can make us very uncomfortable. When we feel uncomfortable, we may also feel sad, angry, or confused.

These feelings are normal, and we all feel this way—even parents and teachers. Practicing the pause, thinking about what we're feeling and why, and choosing to feel better can make us all stronger and happier.



# How do we practice the pause?

Practice thinking about what you're feeling—even when you feel good. Recognizing all your feelings makes it easier to change a feeling that makes you feel bad into one that makes you feel better.

## When you think or act in a way that doesn't feel good:



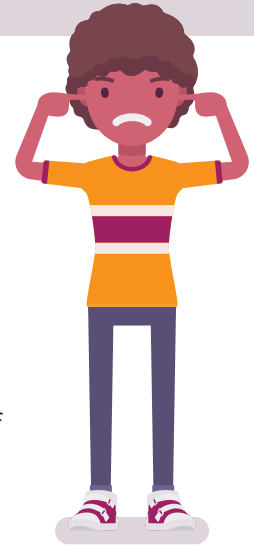
**Stop...**  
Take a few deep breaths.



**Name the feeling...**  
Think about what you are feeling and why.



**Change your feelings...**  
Use the list at the bottom of the next page to learn how.



## When you feel good things:



**Stop...**  
Take a few deep breaths.



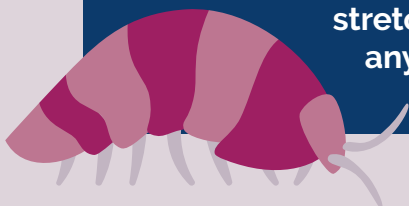
**Name that feeling...**  
Think about what you are feeling and why.



**Tell someone how you are feeling.**

## Grow & Scrunch - **Muscle Relaxation**

Here's a fun way to become more aware of your body and practice relaxation: become a bug! Lie on the floor. Hug your knees to your chest making a tight ball like a roly-poly bug. Stay as tight as a bug for five seconds, then unroll, stretch, and let your arms and legs flop to the floor. Try being a bug anytime you feel bad and it can help you feel better!



GET ACTIVE!



# Recognize and understand your feelings.

There are all sorts of feelings. Sometimes we think of them as good or bad, but feelings are just feelings. They happen naturally to all of us. Understanding how we feel can help us change feelings we don't like or that make us feel bad into ones that help us feel better.



**HAPPY**



**SAD**



**BRAVE**



**WORRIED**



**CALM**



**ANGRY**



**EXCITED**



**LONELY**

## How do we change our feelings?

There are three ways we can change our feelings—we can change:

1. What we think
2. What we do
3. How we want to be

*We don't need to change all of them; just changing one thing can make all the difference.*



### Changing what we think.

**Instead of** - "I'll never see my friends again."

**Think** - "When the pandemic is over, I will go swimming with my friends."



### Changing what we do.

**Instead of** - Getting angry with your brother for playing with one of your games.

**Do** - Invite your brother to play a game with you.



### Changing how we want to be.

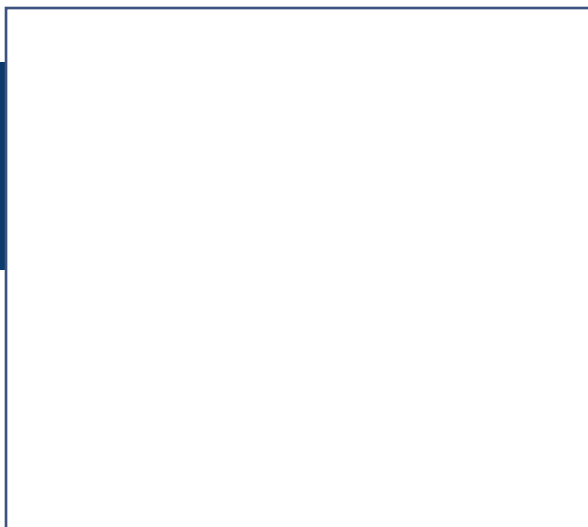
**Instead of** - Playing alone.

**Do** - Connect with family and friends even if it's just over Zoom.



# HAPPY

Draw a picture in the box of what "happy" looks like to you.



What makes me feel happy?

---

---

What do I do when I am happy?

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---

What things make me feel unhappy?

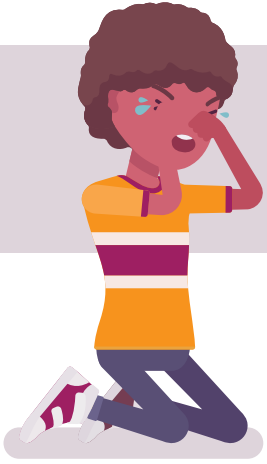
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What can I think or do to help me start feeling happy again?

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# SAD



Draw a picture in the box of what "sad" looks like to you.

What makes me feel sad?

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What do I do when I am sad?

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How do I want to feel when I am sad?

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What can I think or do to help me feel the way I want to feel?

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# CALM



Draw a picture in the box of what "calm" looks like to you.

What makes me feel calm?

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What do I do when I am calm?

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---

What things keep me from feeling calm?

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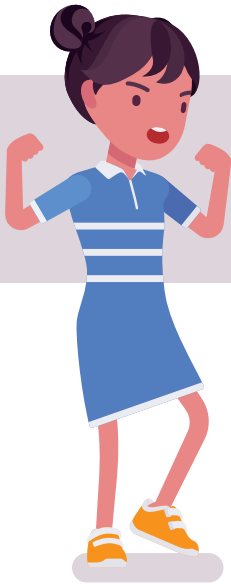
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What can I think or do to help me feel calm again?

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# ANGRY



Draw a picture in the box of what "angry" looks like to you.

What makes me feel angry?

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What do I do when I am angry?

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---

How do I want to feel when I am angry?

---

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What can I think or do to help me feel the way I want to feel?

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# EXCITED



Draw a picture in the box of what "excited" looks like to you.

What makes me feel excited?

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---

What do I do when I am excited?

---

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What things make me feel unexcited?

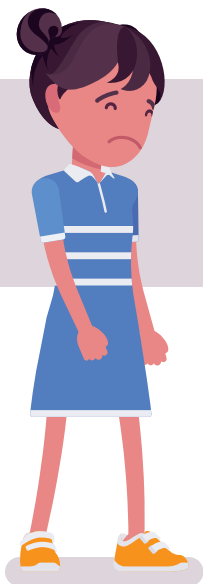
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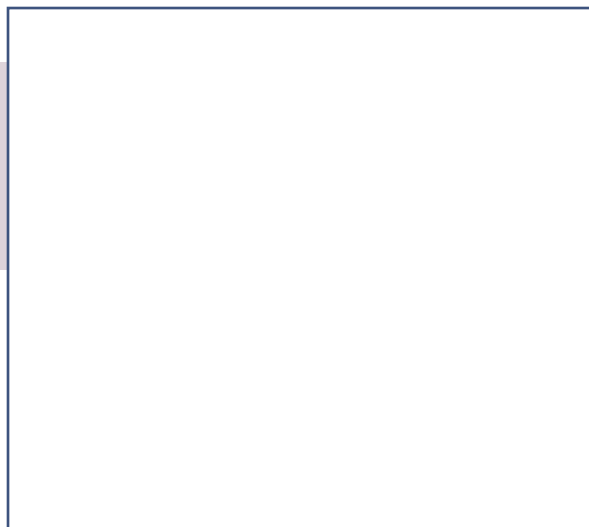
What can I think or do to help me feel excited again?

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# LONELY



Draw a picture in the box of what "lonely" looks like to you.

What makes me feel lonely?

---

---

What do I do when I am lonely?

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---

How do I want to feel when I am lonely?

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---

What can I think or do to help me feel the way I want to feel?

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# BRAVE

Draw a picture in the box of what "brave" looks like to you.

A large, empty rectangular box with a thin blue border, intended for a drawing.

What makes me feel brave?

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What do I do when I am brave?

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What things make me not feel brave?

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What can I think or do to help me feel brave again?

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# WORRIED

Draw a picture in the box of what "worried" looks like to you.



What makes me feel worried?

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What do I do when I am worried?

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How do I want to feel when I am worried?

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---

What can I think or do to help me feel the way I want to feel?

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---

# WEEKLY CHART

Use stickers, draw a picture, or write words to describe how you feel each day.

	MON	TUE	WED	THU	FRI	SAT	SUN
TODAY I FELT							
HOW I CHOSE TO THINK OR ACT							

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TODAY I FELT							
HOW I CHOSE TO THINK OR ACT							

# Practice the PAUSE

Want to learn more about how to manage  
your emotions and stress at any age?

Find additional resources and  
downloadable tools at:

[practicethepause.org](https://www.practicethepause.org)

These activities are based on the COPE, CALM, and CARE skills models developed by Kira Mauseth, PhD, Clinical Psychologist Snohomish Psychology Associates Senior Instructor, Psychology, Seattle University. They have been adapted for public use by Greater Columbia Accountable Community of Health.

