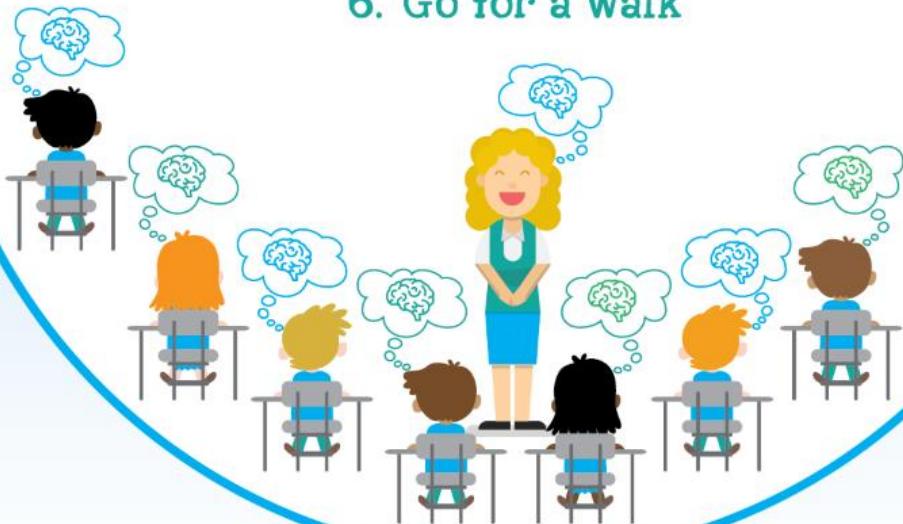


# Pause Process

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



## Pause for Parents

Learning from Home Resource



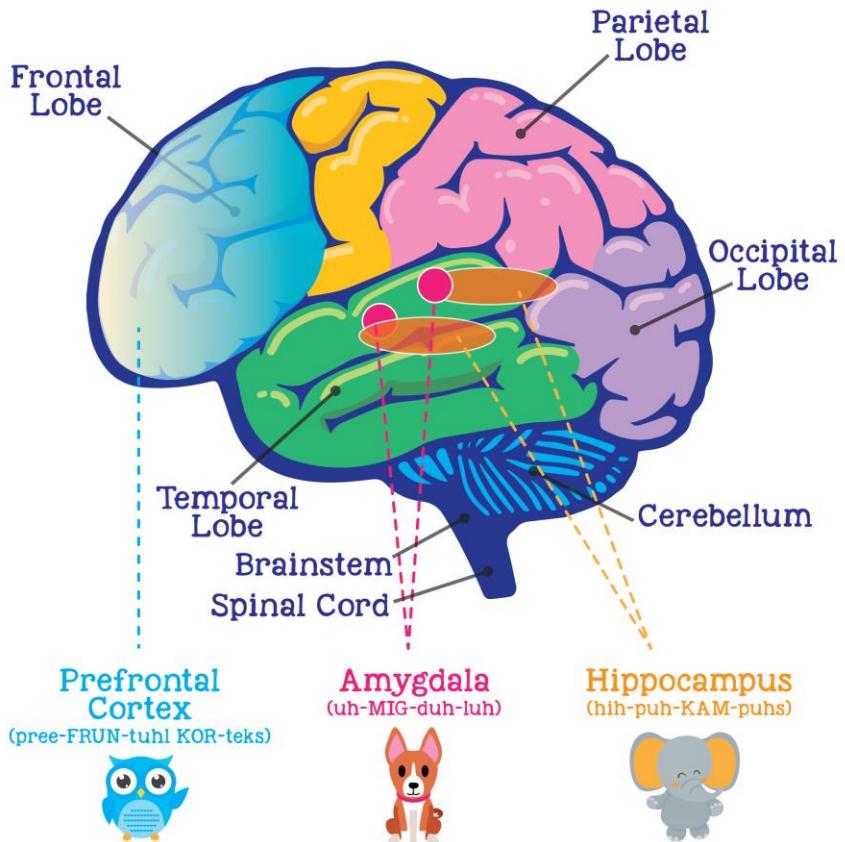
# Table of Contents

	<b>Page</b>
<b>Brain Basics</b>	
Lesson 1: 3 Key parts of the Brain	3 - 4
Lesson 2: Mind Jar	5 - 6
Lesson 3: The Brain Hand Model	7
Lesson 4: Brain House and Pause Behaviours	8 - 9
<b>Mindful Skills and Behaviours</b>	
Lesson 5: Mindful Bodies – Pause Postures	10 - 11
Lesson 6: Sending Kind Thoughts (Heartfulness)	12 - 13
Lesson 7: Mindfulness of Emotions – Internal Weather	14 - 16
Lesson 8: Mindful Seeing	17
Lesson 9: Mindful Eating	18
Lesson 10: Mindful Movement	19 - 20
Lesson 11: Mindful Listening and the RAS part of the brain	21 - 22
Lesson 12: Mindful Thinking	23 - 24
<b>Positive Education</b>	
Lesson 13: A guide to daily happiness	25 - 26
Lesson 14: Growth Mindset	27 - 28
Lesson 15: Gratitude	29 - 30
Lesson 16: Resilience - Dealing with Change	31 - 33
Lesson 17: Kindness	34 - 35
Lesson 18: Empathy	36 – 37
Practice the Pause in your daily life	38

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

Parts of this student booklet are adapted, with permission, from Mindful Schools Curriculum - Student Workbook.

# 3 Key Parts of your Brain

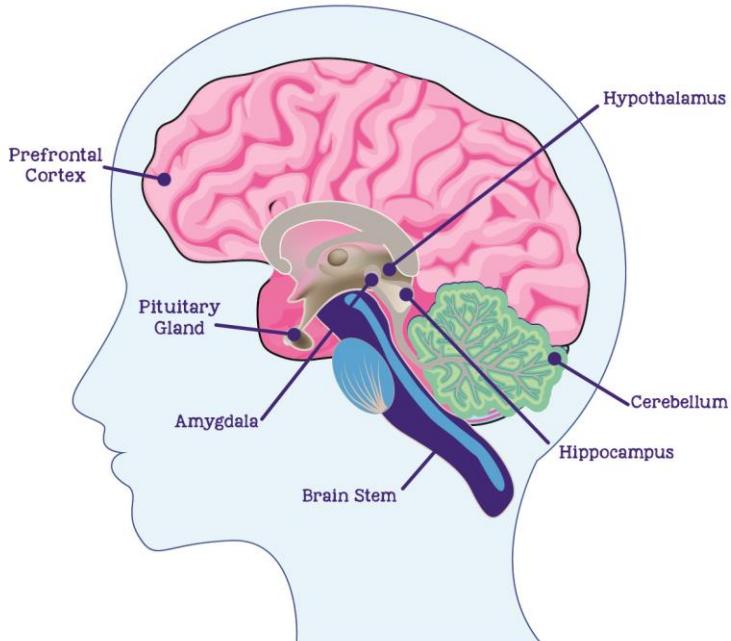


Name	Function
Prefrontal Cortex	<u>Owl – Thinking part of the brain</u> Part of the frontal lobe Responsible for - Executive function, Decision making Problem solving, Complex thought
Amygdala	<u>Guard Dog – Emotional part of the brain</u> Part of the limbic system Responsible for processing our emotions
Hippocampus	<u>Elephant – Memory part of the brain</u> Part of the limbic system Responsible for forming, organising and storing memories

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# 3 Key Parts of your Brain



Match the name to the correct definition:

Prefrontal Cortex      Helps you store memories

Amygdala      Helps make decisions

Hippocampus      Controls your emotions

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Make a Mind Jar



## Pause Mind Jar

Make a Pause Mind Jar at home.

All you need is:

- Plastic jar
- Water
- Glitter or coloured sand



Draw what your mind jar looks like:

**The Pause Mind Jar has two purposes:**

1. It represents how the brain looks when the amygdala fires, all our thoughts, feelings and emotions are swirling around in the brain.
2. It is used as the first self-regulation tool in the Pause Process. Students shake their mind jar, place their hands on the anchor spot (stomach) and take some deep breaths.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Your Brain, Your Responsibility



A young girl with dark skin and pigtails is sitting at a wooden desk, pointing upwards with her right hand. A thought bubble above her head contains a brain icon. To the right of the girl is a large blue speech bubble containing the text "Your Brain - Your Responsibility".

A young boy with brown hair and a beard is sitting at a wooden desk, pointing upwards with his right hand. A thought bubble above his head contains a brain icon. To the right of the boy is a large blue speech bubble containing the text "Your Brain - Your Responsibility".

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Hand Model of the Brain



**Pause Process**

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

**What happens when we "flip our lid"**

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain.

**balanced brain**

Your brain is working in harmony. All parts are connected and talking. The upper part of the brain can be accessed for logic, socialising and reasoning. Our upper brain is hugging our mind brain, making it feel safe.

**'flipped your lid'**

Upper and lower parts of the brain are no longer connected and talking. Logic no longer influences emotions. You've "flipped your lid".

**Upstairs brain**  
prefrontal cortex & cerebral cortex

- Thinking
- Problem solving
- Body control

**Downstairs brain**

**amygdala**

- Strong emotions
- Fight, flight or freeze response

**brainstem**

- Automatic functions
- Breathing
- Digestion

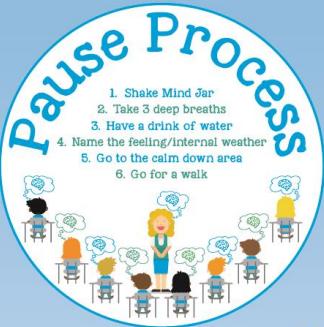
\* Art adapted from 'The Hand Model of the Brain', see [www.thehandmodelofthebrain.com.au](http://www.thehandmodelofthebrain.com.au)

Write or draw what makes you flip your lid?

Write or draw what you could do to calm yourself down?

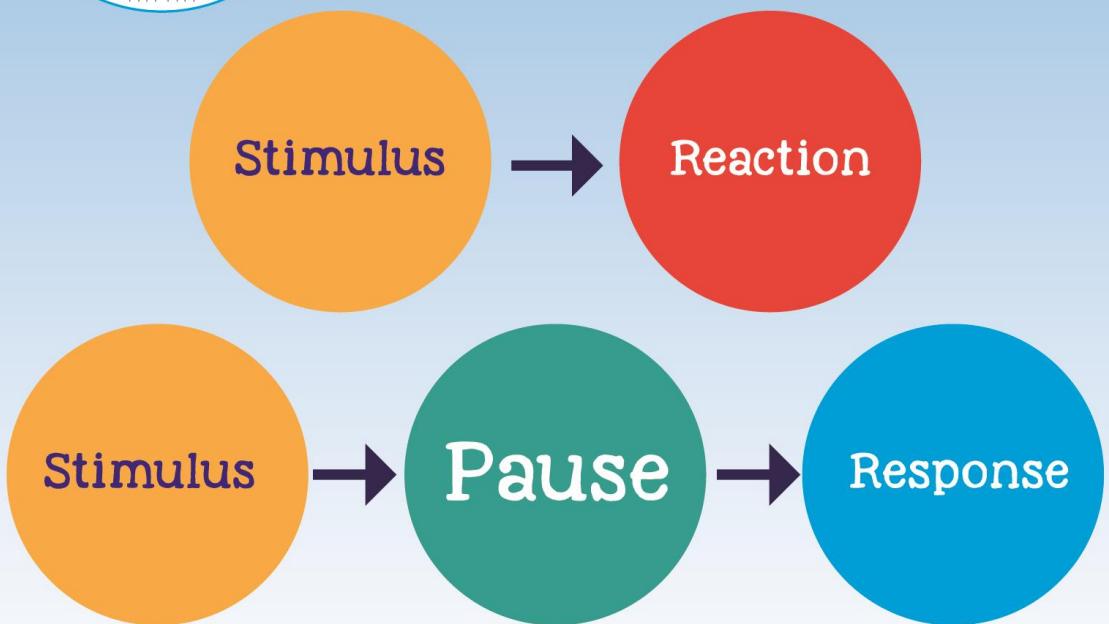
1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# 6 Pause Behaviours



## Pause Process

The Pause Process allows there to be space between day-to-day stimulus and automatic reaction.

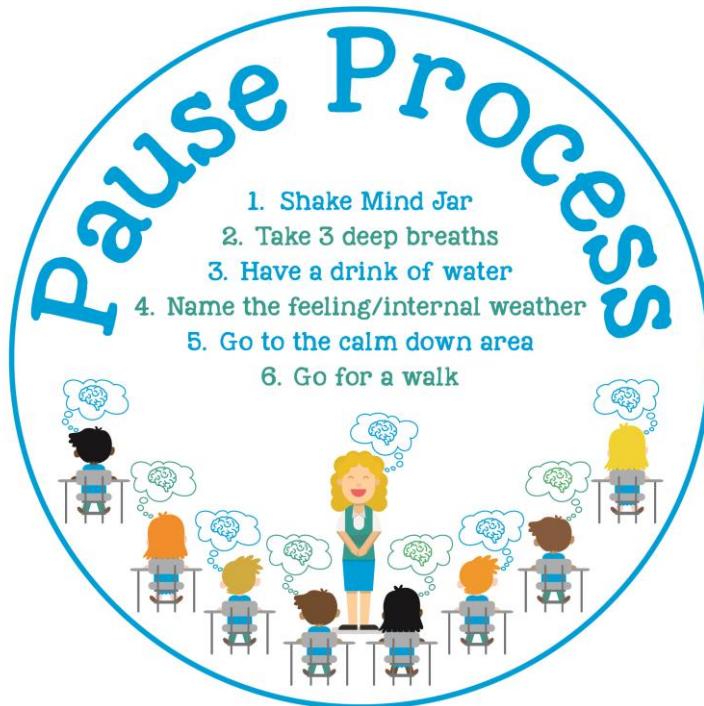


One or more of the 6 Pause behaviours can be used in the “space/time” before a response is given.

### Pause Behaviours:

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# 6 Pause Behaviours



Write or draw which Pause behaviour would you like to use and why?

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Pause Posture – Mindful Bodies

An illustration of two children, a boy and a girl, sitting at wooden desks in a classroom. They are both smiling and looking towards the camera. The boy is on the left, wearing a blue t-shirt and shorts. The girl is on the right, wearing a blue t-shirt and a blue skirt. Above them is a circular "Pause Process" logo with a list of six items: 1. Shake Mind Jar, 2. Take 3 deep breaths, 3. Have a drink of water, 4. Name the feeling/internal weather, 5. Go to the calm down area, 6. Go for a walk. To the right of the children is the title "PAUSE Posture" in blue and "Sitting at desks" in green. Below the title is a bulleted list of three items with green checkmarks: "feet flat on the floor", "back up straight", and "hands resting on anchor spot or desk".

PAUSE Posture

Sitting at desks

- ✓ feet flat on the floor
- ✓ back up straight
- ✓ hands resting on anchor spot or desk

An illustration of two adults, a man and a woman, sitting at wooden desks in an office environment. They are both smiling and looking towards the camera. The man is on the left, wearing a dark t-shirt and shorts. The woman is on the right, wearing a blue t-shirt and a blue skirt. Above them is a circular "Pause Process" logo with a list of six items: 1. Shake Mind Jar, 2. Take 3 deep breaths, 3. Have a drink of water, 4. Name the feeling/internal weather, 5. Go to the calm down area, 6. Go for a walk. To the right of the adults is the title "PAUSE Posture" in blue and "Sitting at desks" in green. Below the title is a bulleted list of three items with green checkmarks: "feet flat on the floor", "back up straight", and "hands resting on anchor spot or desk".

PAUSE Posture

Sitting at desks

- ✓ feet flat on the floor
- ✓ back up straight
- ✓ hands resting on anchor spot or desk

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Pause Posture – Mindful Bodies

**Draw** a picture of yourself in your mindful body, at home: inside your house, outside your house and somewhere in nature.



1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Heartfulness



## Loving Kindness Meditation

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.



May you be filled with loving kindness.

May you be well.

May you be peaceful and at ease.

May you be happy.



Life is precious and Mindfulness gives us the tools to live deeply, to connect authentically and to open our hearts fully.

Meena Srinivasan, author of "Teach Breathe Learn"



Before you speak:

# THINK

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?



1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Heartfulness



**Draw** a picture of or write about a person or animal you would like to send kind thoughts to.

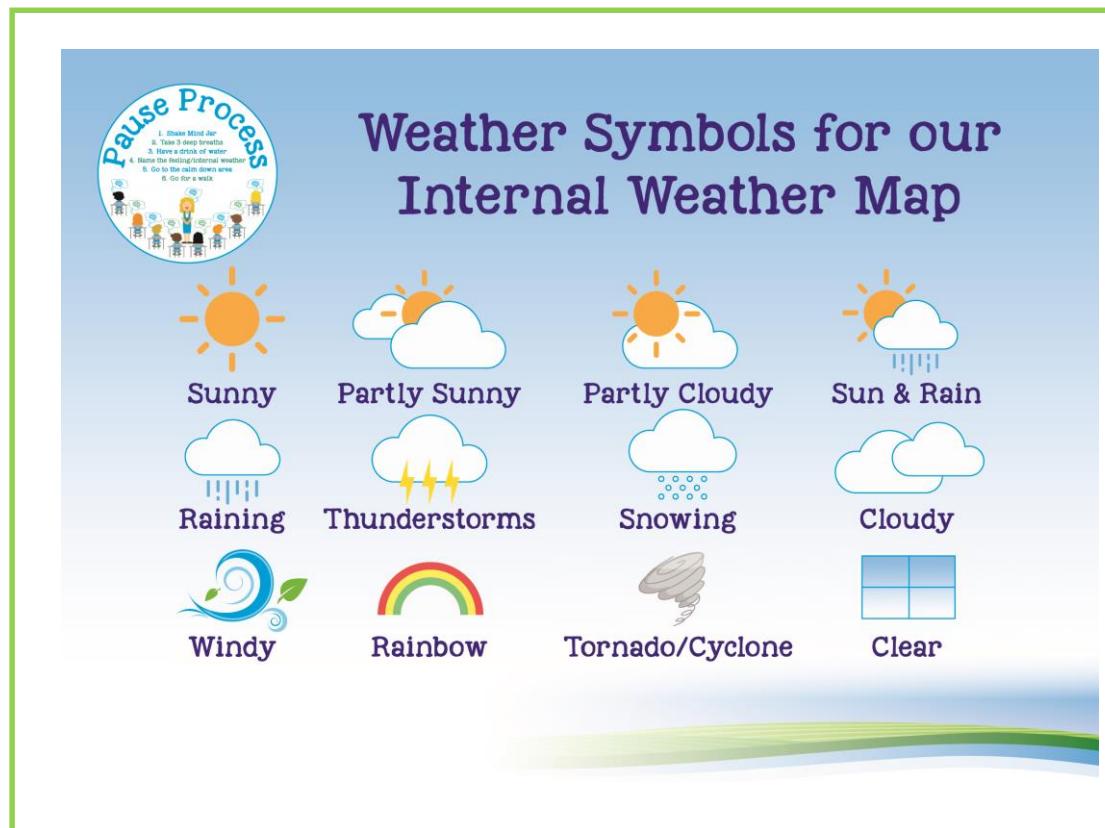
Sending kind thoughts



1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Use Weather Symbols

to describe or represent your emotions –  
called Internal Weather  
it's sometimes easier to say "I'm stormy" than "I'm angry"!



A central graphic titled "Weather Symbols for our Internal Weather Map". It features a circular "Pause Process" logo on the left. Below the title is a grid of twelve weather symbols, each with a corresponding name:

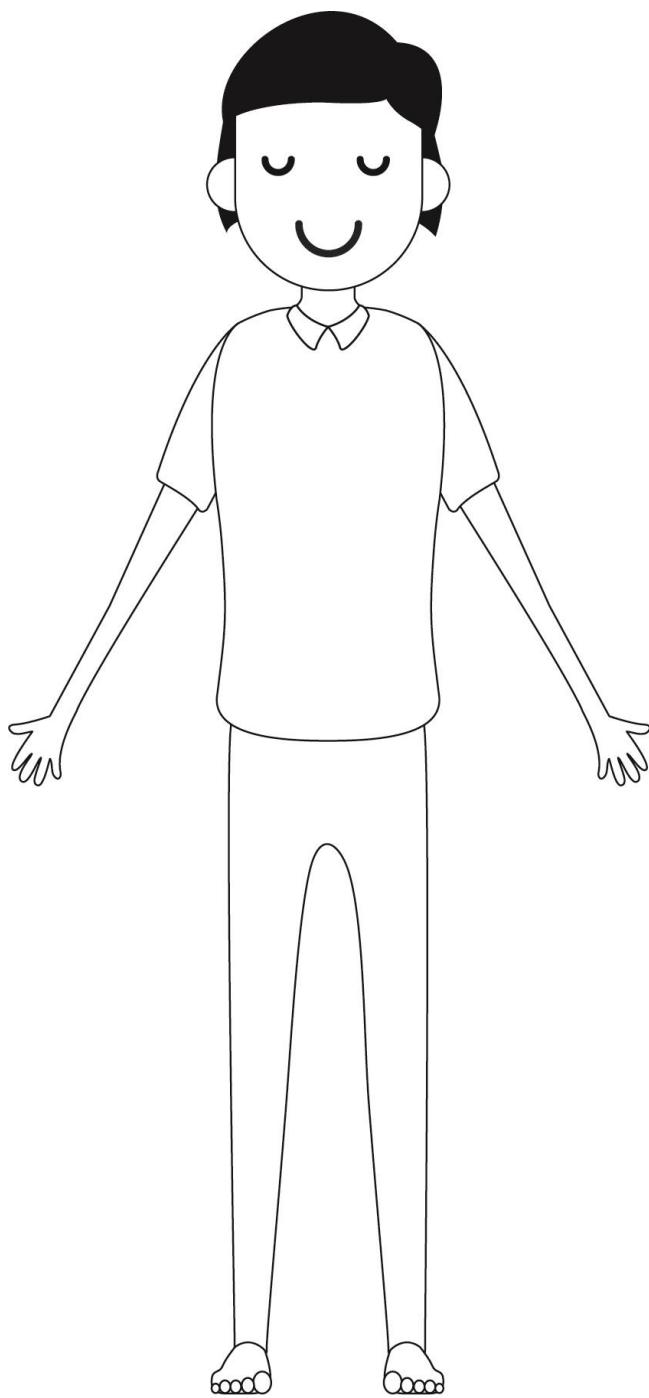
- Sunny (sun icon)
- Partly Sunny (sun and cloud icon)
- Partly Cloudy (sun and partial cloud icon)
- Sun & Rain (sun and rain icon)
- Raining (cloud with rain icon)
- Thunderstorms (cloud with lightning icon)
- Snowing (cloud with snowflakes icon)
- Cloudy (cloud icon)
- Windy (wind and leaf icon)
- Rainbow (rainbow icon)
- Tornado/Cyclone (tornado icon)
- Clear (grid icon)

## Internal Weather Station

It's a great idea to check in on your "Internal Weather" a few times throughout the day.

1. When you wake up
2. After lunch
3. Before you go to sleep at night

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Body Scan Map

Using weather symbols, shapes, lines, squiggles, dots and colours, **draw** what you felt in your body during the body scan.

## Challenge!

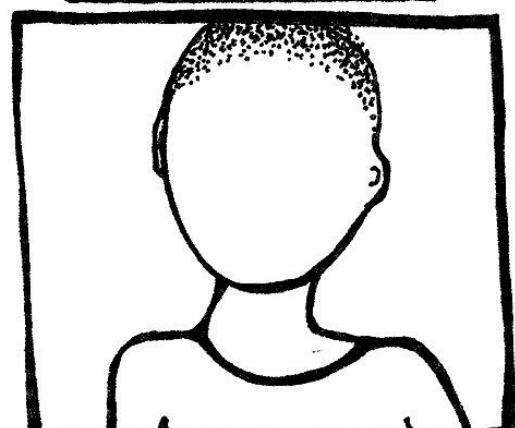
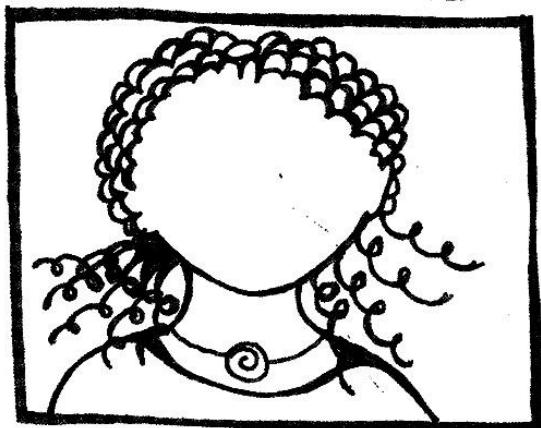
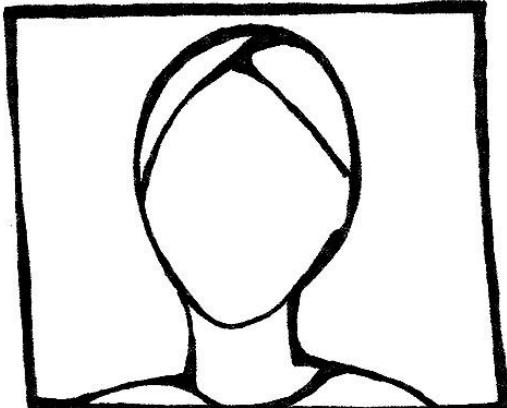
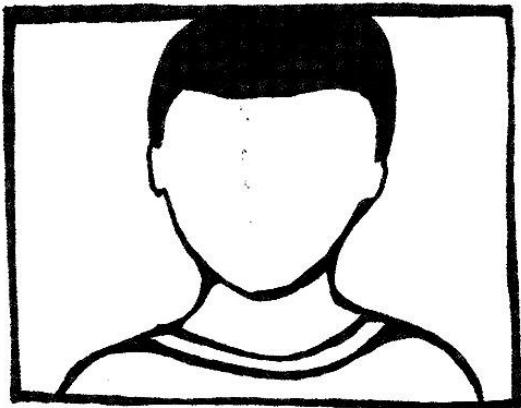
Try doing a **body scan** in bed, before falling asleep. Notice if it helps relax you or fall asleep easier.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Emotions

Draw the emotion on each blank face.



Challenge!

Next time you are angry this week, stop and take **3** mindful breaths.  
Notice what happens next.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# 3-D Seeing

Make or imagine that you are wearing a set of glasses like the ones below.

Using mindful eyes to write or draw 5 new things that you see in your home.



1

3

5

2

4

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Enjoying Eating



Choose **3** different foods to practice mindful eating. Then **draw** a picture of the food and **write** anything you noticed.

1. *What do you see?*
2. *What does it smell like?*
3. *What does it sound like?*
4. *Squish it and now listen to it.*
5. *What does it feel like?*
6. *Stick out your tongue.*
7. *Put it in your mouth.*
8. *What does it taste like?*
9. *Take one slow mindful bite.*
10. *Can you feel it go into your stomach?*

Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you are eating and savour every bite.

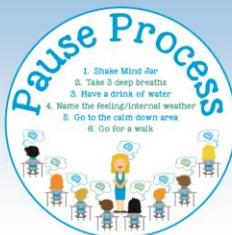
1. Shake Mind Jar
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6. Go for a walk

# Mindful Movement



## Brain Gym

### PACE – Positive Active Clear Energetic 4 Brain Gym Exercises



### Brain Gym - P A C E



#### Energetic

Have a drink of water



#### Clear

Press your Brain Buttons.



#### Active

Do Cross Crawl action 10 times



#### Positive

Do Hook-ups actions for 1 minute.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Mindful Walking



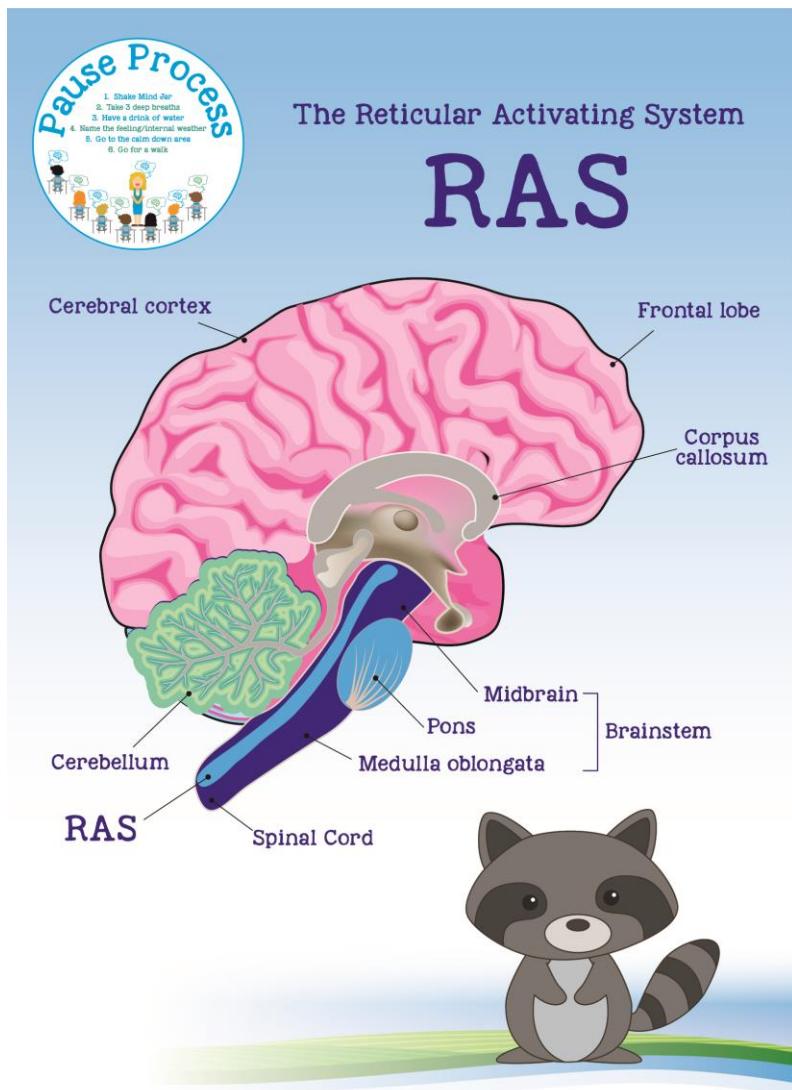
**Draw a picture and write how you felt when you were walking mindfully around your home.**

## Challenge!

Pick an activity like biking, running, jumping rope and put your attention in your feet. Does this make the activity easier?

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Reticular Activating System



1. The RAS is like a sorting system for the brain. The five sensors send information into the RAS and the RAS sifts through the information and only lets the important information through to the Prefrontal Cortex, Amygdala and Hippocampus.
2. Our RAS works the best in the morning to filter out unnecessary noises and distractions, like air-conditioners, fans, outside noises.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk





# Mindful Listening

## Listening to sounds mindfully



### Practice listening to sounds:

Inside your home     Outside your home     Inside your body

Now **write** or draw a picture of new sounds you heard:

**Inside your home**

**Outside your home**

**Inside your body**

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Mindful Thinking Practice



When you put some space between you and your reactions, it changes your relationship with your thoughts – you can watch them come and go instead of treating them as facts.

If you are stuck on a negative thought, ask yourself:

## 1. Is it true?

Often the answer is, “Well, yes”. This is the brain initially reacting – the autopilot you live with and believe is you.

## 2. Is it absolutely true?

Is this thought 100% accurate? Can you see the thought in a different way?



## 3. How does this thought make you feel?

Notice any storylines you are holding onto, and name your feelings: sad, angry, jealous, hurt.

## 4. What would things be like if I didn't hold this belief?

Imagine possible benefits to your relations, energy levels and motivation

Excerpt from Uncovering Happiness by Elisha Goldstein, PhD., adapted from Loving what is by Byron Katie.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



Hmmn...

# Thoughts

***Sometimes our thoughts run around like puppies!***

**Draw or write some thoughts that regularly run through your mind:**



If I practice breathing every day,  
and remember to be kind,  
I will have more fun being with  
my best friend, my playful puppy mind.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
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5. Go to the calm down area
6. Go for a walk



# What is Bucket Filling?

We all carry around an invisible bucket that contains our feelings.

A **bucket filler** is someone who says or does nice things for other people. By doing this, they are filling other people's buckets and filling their own bucket as the same time.

A **bucket dipper** is sad or does things to cause other people to feel bad. A bucket dipper empties their bucket when they say and do mean things to others.



1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Guide to Daily Happiness



Have you filled someone's bucket today?

If so, draw or write about it below?

If not, think about what can you do to help make someone's day?



**Bucket Filling**

**Remember...**

1. Fill a Bucket! 
2. Don't Dip. 
3. Use a Lid! 



**Bucket Filling**

Bucket filling is:  
Showing kindness & respect for others

Bucket dipping is:  
Being mean to others on purpose



Have you filled a bucket today?

Share      Listen      Be Kind      Take Turns      Include Others

Smile      Help      Be Polite      Compliment





1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

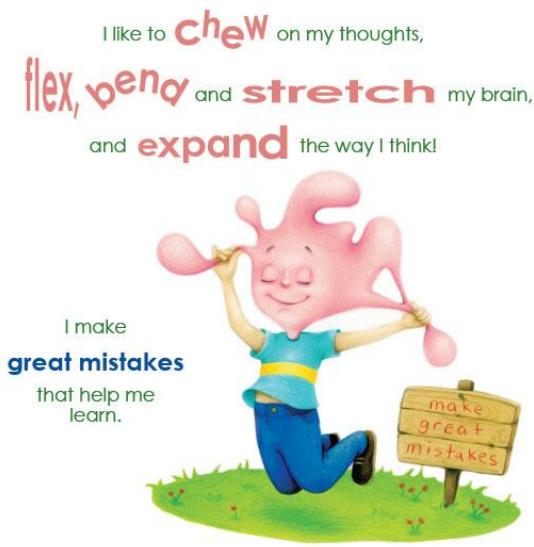
# Growth Mindset



In a **Fixed mindset (Brick Brain)**, people believe their qualities are fixed traits and therefore cannot change. They also believe that talent alone leads to success, and effort is not required.

Alternatively, in a **Growth mindset (Bubble Gum Brain)**, people have an underlying belief that their learning and intelligence can grow with time and experience. When people believe they can get smarter, they realize that their effort has an effect on their success, so they put in extra time, leading to higher achievement.

From Developing Good Habits website



Fixed Mindset = Brick Brain  
Growth Mindset = Bubble Gum Brain

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Growth Mindset



Draw a picture of you using your Bubble Gum Brain.

**Developing a GROWTH MINDSET**

**INSTEAD OF...**

- I'm not good at this
- I give up
- It's not good enough
- I can't make this any better
- This is too hard
- I made a mistake
- I just can't do this
- I'll never be that smart
- Plan A didn't work
- My friend can do it

**TRY THINKING...**

- What am I missing?
- I'll use a different strategy
- Is this really my best work?
- I can always improve
- This may take some time
- Mistakes help me to learn
- I'm going to train my brain
- I will learn how to do this
- There's always Plan B
- I will learn from them

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Gratitude



## Gratitude (grat-i-tude)

(n) The quality of being grateful or thankful; readiness to show appreciation for and to return kindness.

- LaWhimsy//Word Nerd



## Have an **ATTITUDE** of **GRATITUDE**

- Thomas S. Monson

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Gratitude

**Write and draw 3 things you are grateful for.**

--	--	--

## Challenge!

Next time you are feeling sad, angry, lonely or afraid this week, try to think of **3** things you are grateful for. Notice how this makes you feel.

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Resilience – Dealing with Change

**Persistence:** If you have **persistence**, you continue to do something even though it is difficult or challenging for you.



**Resilience:** the ability to “bounce back” after a challenging situation.

The knowledge gained in the Pause Program gradually builds students’ ability to be persistent and resilient in their daily life.

To be persistent and resilient students’ need to:

- Notice the signals your amygdala sends you before it fires
- Take action to settle the signals by using one or more of the Pause Processes

## What is grit?

Grit is the ability to keep working toward a goal, overcoming challenges and sticking with it even when it's hard.

# Persistence + Resilience = GRIT

**How big is my problem?**

**Scale**

**Brain Reaction**

Level	Description	Illustration	Brain Reaction
5 Emergency	You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).		Full-blown Amygdala firing – fight, flight, freeze response in action. Prefrontal Cortex completely offline. 
4 Gigantic problem	You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying)		Amygdala firing – fight, flight, freeze response initiated. Prefrontal Cortex completely offline. 
3 Big problem	You can change with some help (someone is mean to you or takes something that is ours, a minor accident, needing help calming down).		Amygdala sends signals to Prefrontal Cortex about feeling nervous, worried or fidgety. Prefrontal Cortex recognises a problem and chooses a strategy to calm down. 
2 Medium problem	You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid and needing help).		Amygdala sends signals to Prefrontal Cortex about feeling tired, sick or hungry. Prefrontal Cortex recognises a problem and chooses a strategy to calm down. 
1 Little problem	You can change with a little reminder not being line leader, not winning a game, not taking turns, making a mess).		Amygdala sends little signals to Prefrontal Cortex about beginning to feel unsettled. Prefrontal Cortex recognises there is a small issue and chooses a strategy to calm down. 
0 Glitch	You can fix yourself (changing clothes, cleaning up toys, forgetting favourite toy).		Prefrontal Cortex stays calm and solves any issues that arise. 

Adapted from Autism Classroom Resources

# Resilience – Dealing with Change

Resilience in learning, as in life, is about being able to persevere through setbacks, take on challenges and risk making mistakes to reach a goal. Judy Willis Guardian Tue 12 Jan 2016



## What is my Brain doing in each Zone of Regulation?

### Zones of Regulation

	Blue	Green	Yellow	Red
Feelings	REST AREA	GO	SLOW	STOP
Pause Brain links	<ul style="list-style-type: none"><li>Prefrontal Cortex beginning to switch off</li><li>Amygdala firing - sending signals about feeling Sad</li></ul>	<ul style="list-style-type: none"><li>Prefrontal Cortex on and focused</li><li>Amygdala off</li></ul>	<ul style="list-style-type: none"><li>Prefrontal Cortex off</li><li>Amygdala firing – sending signals about feeling overwhelmed</li></ul>	<ul style="list-style-type: none"><li>Prefrontal Cortex off</li><li>Amygdala firing – sending signals about feeling Angry</li></ul>
Pause Process	<ol style="list-style-type: none"><li>1. Shake Mind Jar</li><li>2. Take 3 deep breaths</li><li>3. Have a drink of water</li><li>4. Name the feeling/internal weather</li><li>5. Go to the calm down area</li><li>6. Go for a walk</li></ol>			

Zone of Regulation Created by Leah Kuypers, MA Ed, OTR/L

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Resilience – Dealing with Change

## CHANGE – Think about it?

How do you deal with change? How resilient are you?



There are 2 types of CHANGE – Expected and Unexpected.

**Expected changes** are easier because we know they are coming. We can get ready for the change.

**Unexpected changes** are harder to cope with as we do not know they are coming. They are surprises and they often catch us off guard.

An expected change that was easy for me:

An expected change that was difficult for me:

An unexpected change that was easy for me:

An unexpected change that was difficult for me:

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

# Random Acts of Kindness

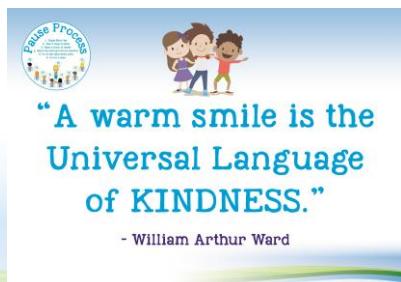


Colour in the appropriate box once you have completed one of the Random Acts of Kindness activities. See how many you can do in a week.

Write a positive email to a friend	Water the garden around your home	Push in your mum's chair at the dinner table	Wipe down the kitchen sink
Play a game with someone at home	Make a card for your favourite teacher	Thank a family member for something they do at home	Help someone who has dropped something
Help to hang out the washing or put it away	Give a family member a silent wave	Clean up after yourself	Clean up after someone else in your home
Help someone before they ask you	Give a compliment to a family member	Hold a door open for someone at home	Smile at someone who walks past you at home



1. Shake Mind Jar
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# Kindness



List 6 kind acts you do for family.

1

2

3

4

5

6

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk



# Empathy

**Empathy** is the ability to understand how someone else is feeling or to understand the situation they are in. It is the ability to “put yourself in someone else's shoes” and to understand the way a situation might make them feel.

<https://talkingtreebooks.com/definition/what-is-empathy.html>

**E** Everybody needs somebody

**M** Model and mirror

**P** Put yourself in their shoes

**A** Ask if you can help

**T** Treat others the way you want to be treated

**H** Helpful

**Y** You feel better and they feel better



# Empathy



**em·pa·thy**  
(noun)

the ability to understand and share the feelings of another

Put YOURSELF in their



**Empathy is...**

Seeing with the Eyes of Another.

Listening with the Ears of Another.

and Feeling with the Heart of Another.

Draw or write how you show empathy to others?

1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk

In your everyday life always  
remember to:



## Practice the Pause!

Practise the Pause:  
When in doubt, Pause  
When angry, Pause  
When you are stressed or  
frustrated, Pause  
When you Pause,  
listen, feel and be present



1. Shake Mind Jar
2. Take 3 deep breaths
3. Have a drink of water
4. Name the feeling/internal weather
5. Go to the calm down area
6. Go for a walk