

3 Step Pause Script

Let's take a pause in our day, not to feed our body with a snack but to feed our mind and body with a pause, we will go through 3 steps...

Let's start...let's take a moment to think about our bodies right now. Feel how your body is sitting or lying. Notice where your body is touching the chair, the floor, or maybe your desk. Are your feet resting on the ground? Is your back against the chair? Just notice all the places where your body is connecting to something. Take a deep breath in... and as you breathe out, we relax a little more. If you feel any tightness in your shoulders, your hands, or even your face. Let it go and feel your body relax. Maybe even try to smooth out your forehead and relax the space between your eyebrows.

Second, let's notice our breathing. Notice where you feel your breath the most. Is it in your chest, your mouth, or maybe your nose? Just watch the breath as it goes in and out. It doesn't matter how you breathe, just notice how the air moves in and out of your body. It's like watching a wave come in and then flow out at the beach. In and out.

Third, let's look around and notice the space we are in. Take a moment to pay attention to your senses, one at a time. Keeping our eyes closed, let's start with what we hear. What sounds can you hear around you? Maybe there are birds, cars, or people talking? Or maybe it's nice and quiet. Now, think about what you can smell. Maybe something sweet or fresh, or even just the air around you?



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What about taste? Is there anything in your mouth? Maybe you just had a snack?
Now, let's notice what we can feel. Can you feel the air on your skin? Maybe your feet
on the floor?

And lastly, gently opening the eyes if they were closed, looking around and see what
you can see.... colours, shapes, or things? Take a moment to really see.

Now, let's take a few deep breaths together.

You've done so great! Now, you're ready to continue with your day.

