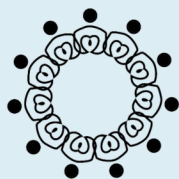


**Pause & Pass**



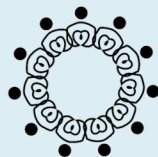
**the Story**



# Pause & Pass the Story

## What You'll Need!

- **Two or more people to play together**
- **A quiet space to focus and listen**
- **An open mind for creativity and storytelling**
- **A timer for the 60-second pause (optional)**



# Pause & Pass the Story

A fun and creative way to practice mindful pauses while building a story together! This activity invites you to slow down, listen, and let your imagination flow.



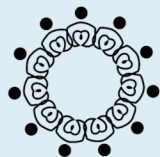
## How to Play

**Step 1:** One person starts the story with a single sentence. Example: "Once upon a time, a monkey lived in a castle."

**Step 2:** Pause for a moment. Take a breath and think about what happens next.

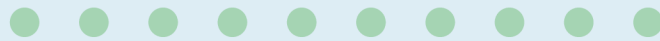
**Step 3:** The next person adds a sentence to continue the story.

**Step 4:** Keep going, pausing between each turn to listen, reflect, and create!



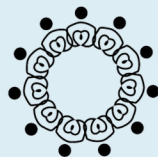
# Pause & Pass the Story

Let the story take wild twists, get silly, and have fun with it!



## Let's talk!

- Think of a time when you enjoyed a pause or break. **What did it feel like?**
- **Share other times in the day where we press pause?** Examples are watching a movie, playing a game or taking a deep breath in class.



# Pause & Pass the Story

Now, let's pause together. Set a timer for 60 seconds.

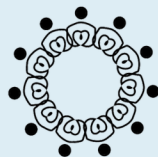
**Be still and notice:**

- What do you see?
- What do you hear?
- What do you feel?



When time is up, share what you noticed.

Mindful pauses can bring clarity, calm, and creativity - just like in storytelling!



# Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

