



BOOK 4 ACTIVITY

The Pause Power Toolkit

A simple way to make room for a better choice.

1

STOP

Freeze your feet. Put your hands on your belly.

2

BREATHE

Smell the flower for 4. Blow the candle for 4.

3

CHOOSE

Ask: What choice helps me and the people around me?

MY PAUSE PLAN

A moment when I can use my Pause Power:

A choice I can make after I breathe:
