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| {Lesson:Take a Pause} | |
| ¡Hola! ¿Cómo te sientes en estos momentos?    ¿Tienes 30 segundos?    Antes de empezar Crianza con Conciencia+, debemos aprender a ir más despacio. 💚    Ir un poco más lento te ayudará a controlar el estrés y aumentará tu capacidad para cuidar de los demás y de ti mismo.🌱  Practiquemos cómo reducir la velocidad. | Haz una pausa |
| Siéntate en un lugar cómodo y cierra los ojos si te parece bien.  Respira profundo.  [pausa]  Siente cómo el aire entra y sale de tu cuerpo.  In;  [pausa]  and out;  [pausa]  In;  [pausa]  and out;  [pausa]  In;  [pausa]  and out;  [pausa]  Notice how your body feels while you breathe.  [pausa]  Notice where you feel tension in your body and try to let it go.  [pausa]  Try to let your body relax.  [pausa]  When you are ready, open your eyes again. |  |
| Now, notice if you are feeling any differently than when you started this activity.  [pausa]    Try slowing down whenever you feel angry, overwhelmed, stressed or worried. ⏰ Even a few deep breaths or connecting with the ground beneath you can make a difference. You can also slow down with Your Child! |  |
| Try slowing down whenever you feel angry, overwhelmed, stressed or worried. Even a few deep breaths or connecting with the ground beneath you can make a difference. You can also slow down with your girl, boy, or teen! | Try it with your girl, boy, or teen! |