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| {Lesson:Take a Pause} | |
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| Hi! How are you feeling right now?    Do you have 30 seconds?    Before you get started in the Crianza con Conciencia+, let's take a quick pause together. | Take a Pause |
| Sit down somewhere comfortable and close your eyes.  Take a deep breath.  [pause]  Feel the air moving in, and out, of your body.  In;  [pause]  and out;  [pause]  In;  [pause]  and out;  [pause]  In;  [pause]  and out;  [pause]  Notice how your body feels while you breathe.  [pause]  Notice where you feel tension in your body.  [pause]  Try to let your body relax.  [pause]  When you are ready, open your eyes again. |  |
| Now, notice if you are feeling any differently than when you started this activity.  [pause] |  |
| Try to Take a Pause 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 Take a Pause with your girl, boy, or teen! | Try it with your girl, boy, or teen! |