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| {Lesson:Take a Pause} | |
| Hi! How are you feeling right now?    Do you have 30 seconds?    Before you get started in the Crianza con Conciencia+, we must learn to slow down. 💚    Slowing down will help you manage stress and be more able to take care of others and yourself.🌱  Let's practice slowing down together. | Take a Pause |
| Sit down somewhere comfortable and close your eyes if you’d like.  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 and try to let it go.  [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 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! |