



PAX Present Moment for Children and Teens



Look at 5 things



Listen to 4 things



Smell 3 things



Taste 2 things



Touch 1 thing

Instructions: This strategy can be used with children and teens, with support based on their age. Three-to-five times a day, please stop whatever you and the children are doing—preferable in different spots at home, in different rooms, outside or wherever. Ask young people to eyes, ears, nose, taste and touch. Have them linger on their sense counting slowly. Now prompt them to notice how that changes in their body and mind. This simple exercise creates more PAX in yourself and others around you. PAX means four important aspects for all people of every age: Peace, Productivity, Health and Happiness. Please visit www.paxis.org for more info.

PAX = Peace • Productivity • Health • Happiness



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