

PAX Present Moment

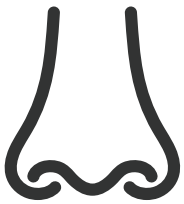
PAX = Peace • Productivity • Health • Happiness



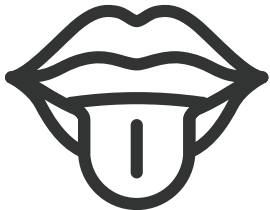
Look at 5 things



Listen to 4 things



Smell to 3 things



Taste 2 things



Touch 1 thing

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

Credits: Thomas G. Szabo, PhD., BCBA-D & Dennis D. Embry, PhD.

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