

PAUSE AND BE BRAVE

Can be sung to tune of *Twinkle, Twinkle, Little Star*

See three things, look all around.

(Motion: Shade your eyes with one hand as if looking far away, then slowly turn your head to “look all around.”)

Hear three things, each little sound.

(Motion: Cup your hand to your ear and tilt your head slightly as if listening closely. Alternate sides for emphasis.)

Move three parts of your body with care.

(Motion: Wiggle your fingers, shrug your shoulders, and stomp your feet lightly—or choose any three movements.)

Now take a big breath of fresh, clean air.

(Motion: Stand tall, stretch your arms wide as if gathering air, and bring your hands towards your chest while inhaling deeply.)

Hold it in tight, then let it out slow.

(Motion: Place your hands gently on your chest, pause as if holding your breath, then slowly push your hands outward while exhaling.)

Feel your calmness from head to toe.

(Motion: Place your hands on your head, then slowly move them down your body, mimicking a calming wave.)

