

## Mindful Self-Management Exercise: Pausing the Action

This exercise helps with controlling our impulses when faced with strong feelings by identifying feelings that start as challenging thoughts, inserting a pause to interrupt the “thought-feeling-action” chain, and reframing these thoughts to take positive action.

- Each exercise takes 10 minutes or less.
- Familiarize yourself with the exercise before using with your child.
- Use the script to guide the exercise. Adjust language as needed.
- All exercises begin with **Breath Awareness** followed by a **Mindfulness Activity** that teaches a practical mindfulness skill.
- Each exercise ends with **Reflecting Questions** to discuss with your child. Invite your child to stay in mindful silence until the Reflecting Questions.

### Breath Awareness

*Let's do a mindfulness exercise that focuses on the skill of self-discipline—pausing ourselves when faced with a challenging situation so that we can choose a positive response. Just like using a remote control to pause the action on a TV screen, we'll learn how to use our own remote control to pause ourselves. Find a comfortable position, sit up straight, and place your hands on your thighs. If you want to stand or lie down, find a posture that will be comfortable for several minutes. Close your eyes if you like or gaze softly downward.*

*Breathe slowly and deeply in through your nose and out through your mouth three times. (pause)*

### Mindfulness Activity

*As you are breathing in and out, think about a situation that caused you to feel a strong emotion—one that might have led you to respond without thinking. The situation might have made you feel sad, disappointed, angry, frustrated, or embarrassed. (pause)*

*Imagine you are watching yourself in that situation on a TV screen. (pause)*

*Notice that strong feeling coming over you and feel that need to respond. (pause)*

*You have the power to pause the scene and create a positive ending. Imagine you are holding a TV remote control. Make a fist with your thumb on the top and press your imaginary PAUSE button. You have now given yourself time to decide how the scene will end. Return to mindful breathing as you think of some ways to respond to the challenging situation in which you felt a strong feeling. (pause)*



# Lions Quest

FAMILY  
G3-G5

Pressing **PAUSE** creates some space and time for you to choose positive words and actions to respond to what is happening. You might say to yourself: "When I have feelings I need to face, I'll press **PAUSE** to create some space. Positive thoughts will help me choose the best response that I can use." (pause)

Hit the **PLAY** button on your remote. You now have given yourself the space and time you need to choose a more helpful response. Imagine yourself responding with positive words and actions. Giving yourself a **PAUSE** can allow your feelings about a situation to change. Notice any change in the feelings you have now. (pause)

Take two deep breaths to finish the exercise. If your eyes are closed, slowly open them.

If you are able, share the **TV Remote Control** handout.

## Reflecting

Take this opportunity to have a conversation about your shared experience using the following reflecting questions:

### Reflecting Questions

- What?** What did you notice happening when you felt a strong feeling?
- So What?** Why do you think it might be helpful to insert a PAUSE in a challenging situation? In what ways did your feelings change after the pause, if at all?
- Now What?** In what other situations might it be helpful to use your imaginary PAUSE button?



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Lions Quest is a social and emotional learning program of Lions Clubs International Foundation.

## TV Remote Control

When I have feelings I need to face,  
I'll press **PAUSE** to create some space.  
Positive thoughts will help me choose.  
The best response that I can use.

