



Pause Place Card Deck



I am feeling...

Suggested Use

Using the Deck: Flexible Applications for Any Setting

This versatile deck is designed for use with individual students, small groups, or whole-class settings.

Below are several suggested activities:

1. Feelings Check-Ins

Invite students to explore the feeling faces and choose the image or description that best represents how they feel in the moment. Please encourage them to select the feeling that resonates most with their current experience.

2. Mindful Moments

Students may choose a "Mindful Moment" card and follow the directions on the back to practice on their own. Alternatively, this can be guided by the teacher or a student for the whole group.

3. A Pause

Allow students to select a Pause Practice that can be used in a designated calm-down area or in their own space.

4. Journaling

Have students draw a card and use it as a prompt for journaling. This can be done independently or as part of a group activity using a pencil and paper.



Worried



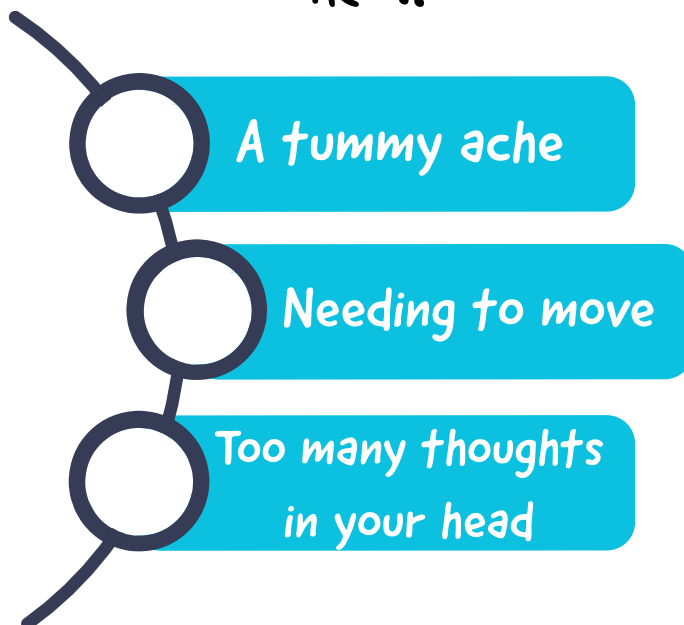
COMPASSIONATE SCHOOLS PROJECT

For more information about the
Compassionate Schools Project,
visit www.compassionschools.org
©2022 University of Virginia and
Pure Edge, Inc.



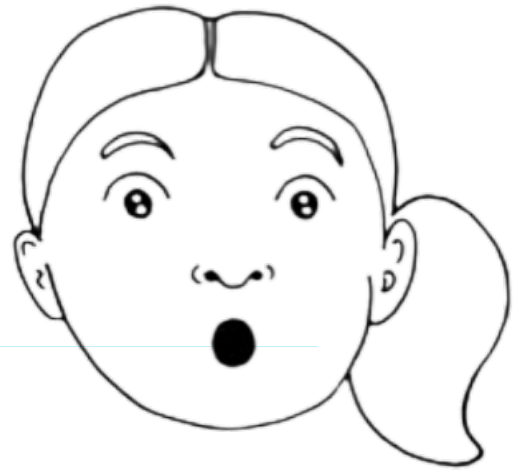
Emotions

WORRIED Can Feel Like...

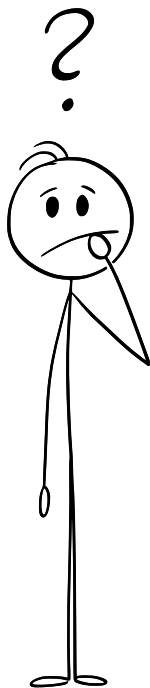




Sad



Surprised

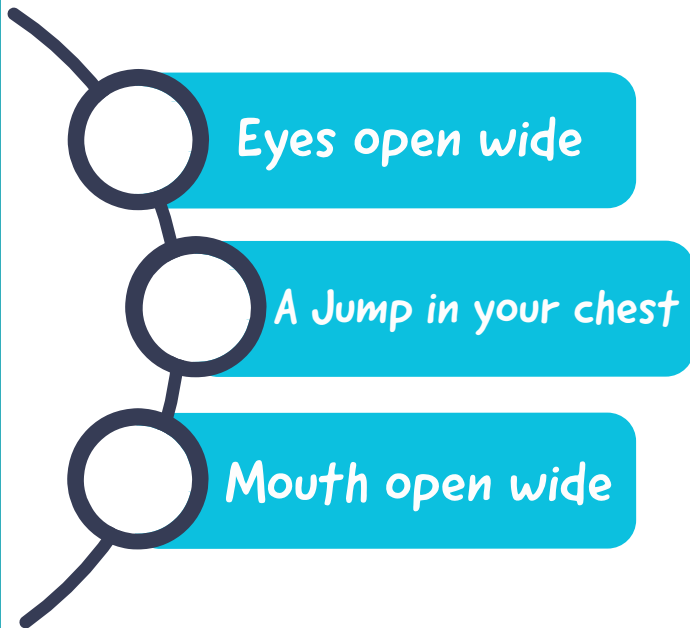


Unsure

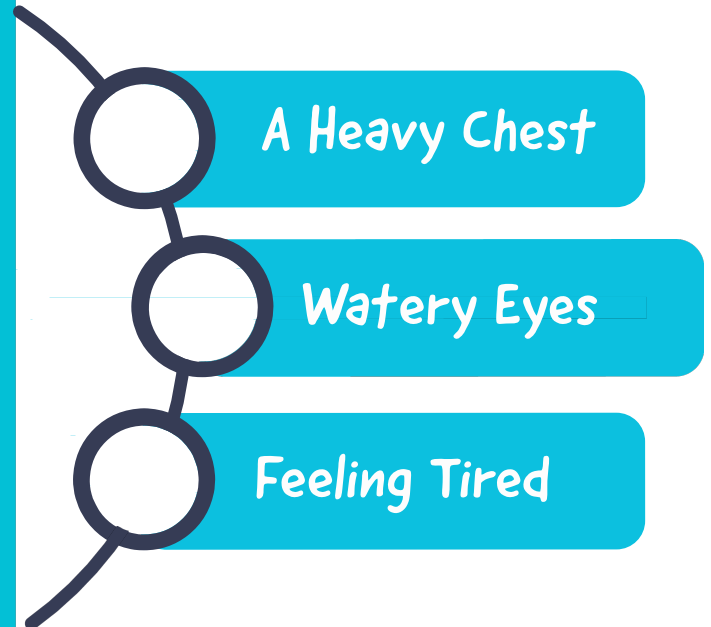


Afraid

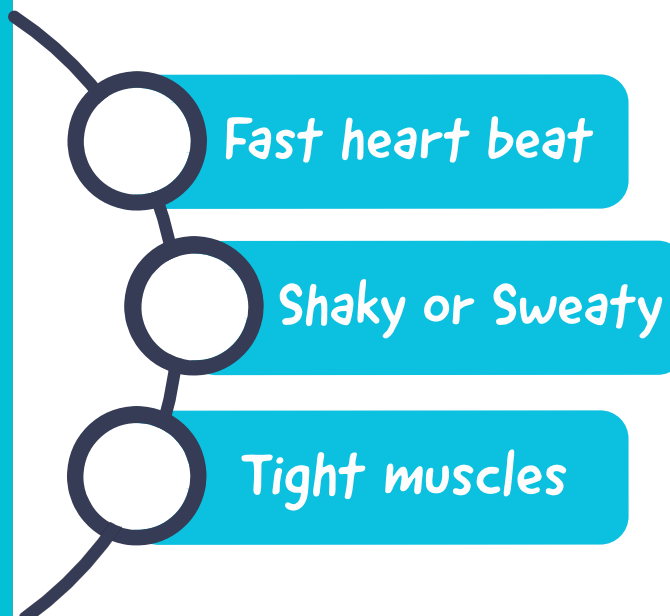
SURPRISED Can Feel Like...



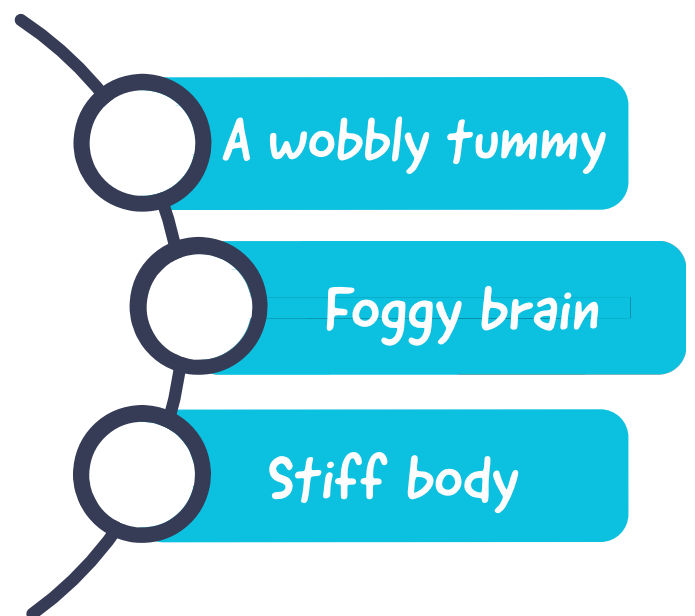
SAD Can Feel Like...



AFRAID Can Feel Like...

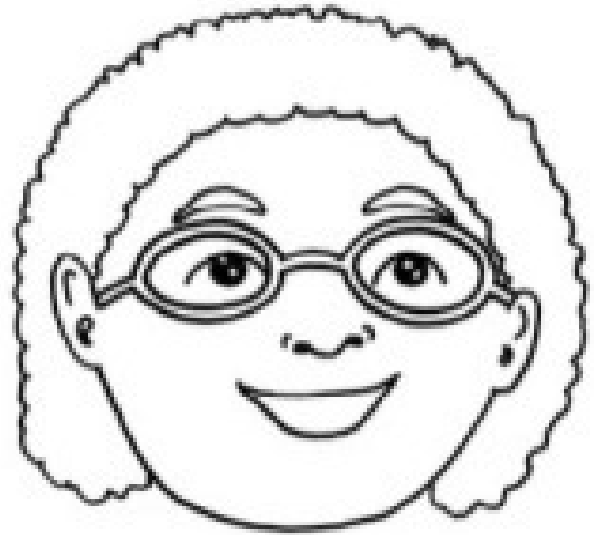


UNSURE Can Feel Like...

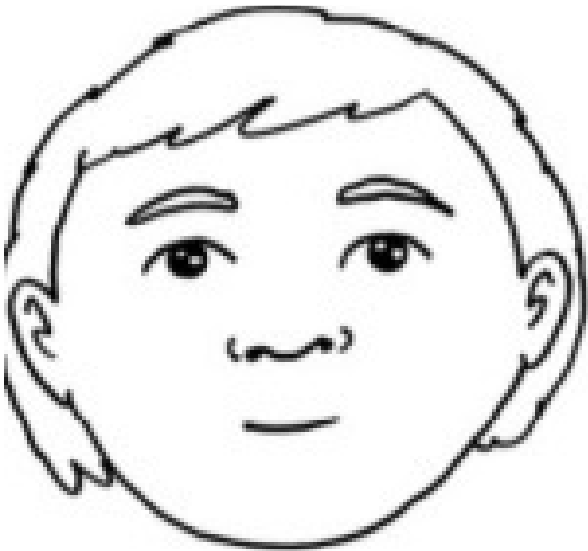




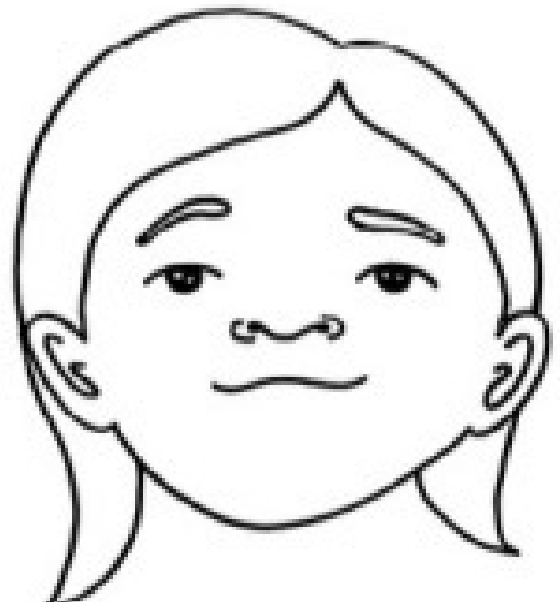
Angry



Happy



Calm



Proud

HAPPY Can Feel Like...



Lots of Energy

Smiling or Laughing

Mouth open wide



ANGRY Can Feel Like...



A Hot Face

Yelling or Stomping

Fast Breath



PROUD Can Feel Like...



Breathing Slowly

Settled Tummy

Loose muscles



CALM Can Feel Like...

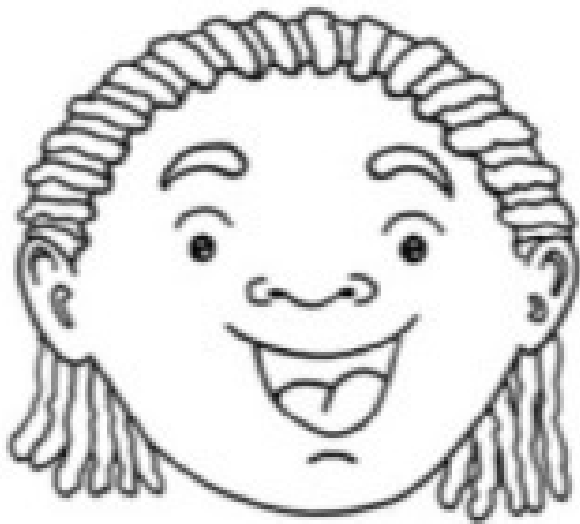


Breathing Slowly

Settled Tummy

Loose muscles

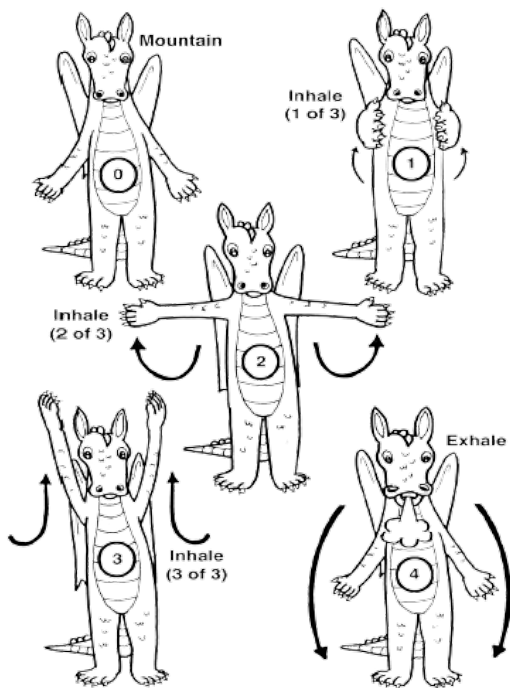




Excited



Mindful Moments



Breath of Joy



Cooling Breath

COMPASSIONATE
SCHOOLS PROJECT

Flourish



Mindful Moments

Cooling Breath

- 1 Curl your tongue or make an "O" with your mouth.
- 2 Breathe in SLOWLY.
- 3 Breathe out slowly and notice the sound you make.
- 4 Do this 3 more times.

EXCITED Can Feel Like...

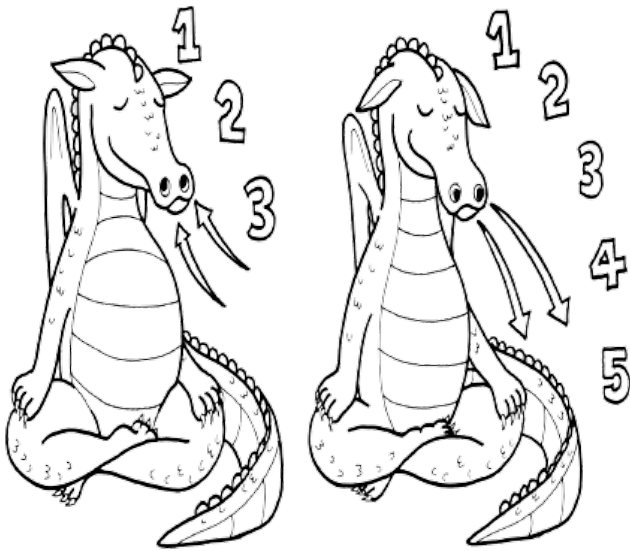
Full of Energy

Fast Heartbeat

Fast Talking

Breath of Joy

- 1 Begin in Mountain pose.
- 2 Swing arms out to side, in front and up over head.
- 3 Swing arms downs as you breathe out.
- 4 Do this 3 to 5 more times.



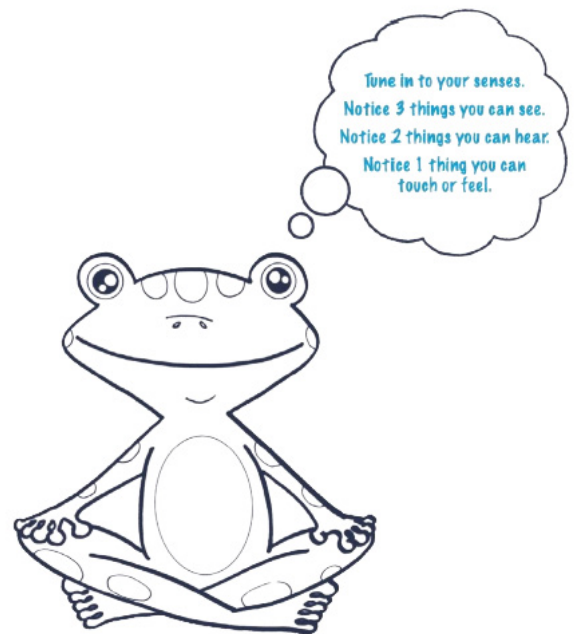
Letting-Go Breath



Take 5 Breath



Lion's Breath



Senses Check-In

Take Five

- 1 Make a "high five" with one hand.
- 2 With your other hand trace your fingers.
- 3 Breathe in as your finger goes up and out as it goes down.
- 4 Repeat as many times as you like.

Letting-Go Breath

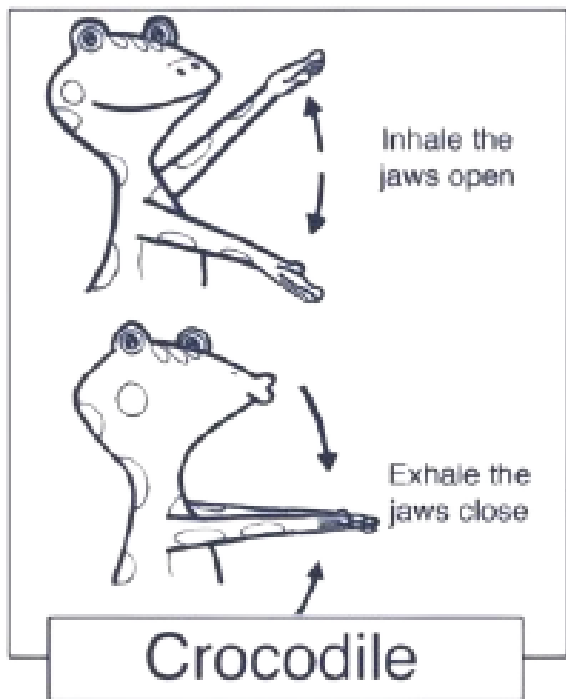
- 1 Sit up nice and tall.
- 2 Breathe in for 1, 2, 3.
- 3 Breathe out for 1, 2, 3, 4, 5.
- 4 Repeat 2 times.

Senses Check-In

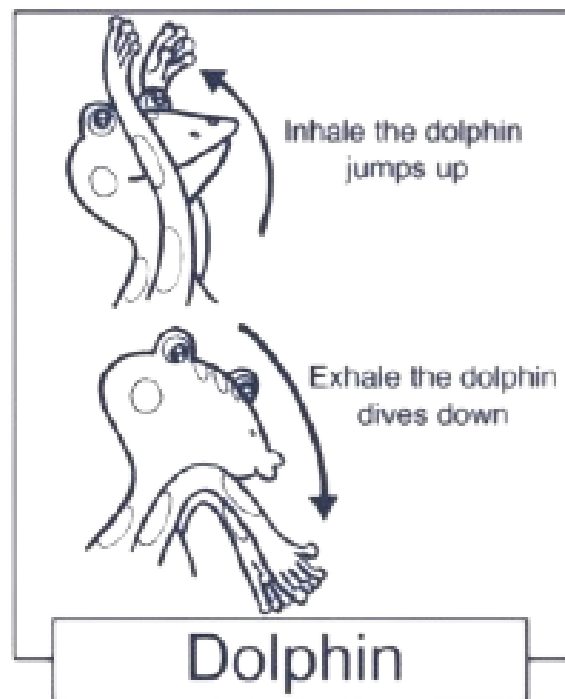
- 1 Find a comfortable position.
- 2 Take a look around and notice **3** things that you see.
- 3 Focus or close your eyes, notice **2** things that you hear.
- 4 Notice **1** Sensation or feeling in your body.

Lion's Breath

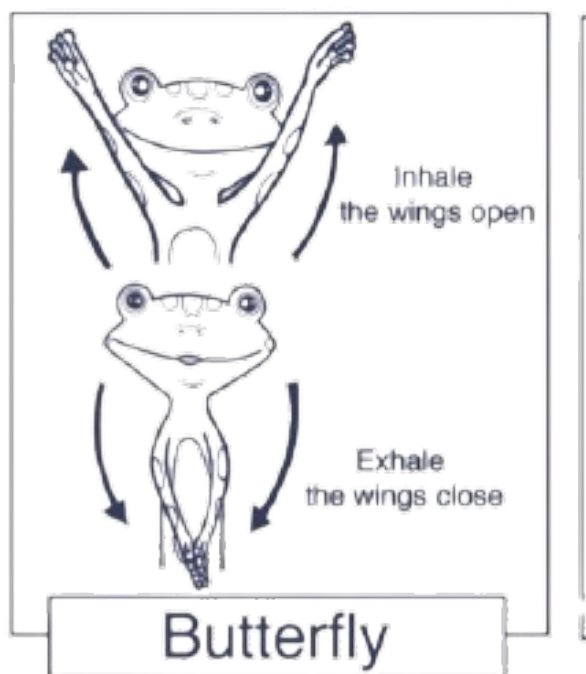
- 1 Lift your head and chest.
- 2 Roll your shoulders back and scrunch your face, breathe in.
- 3 Open your mouth to roar, but only let out your breath.
- 4 Repeat as many times as you like.



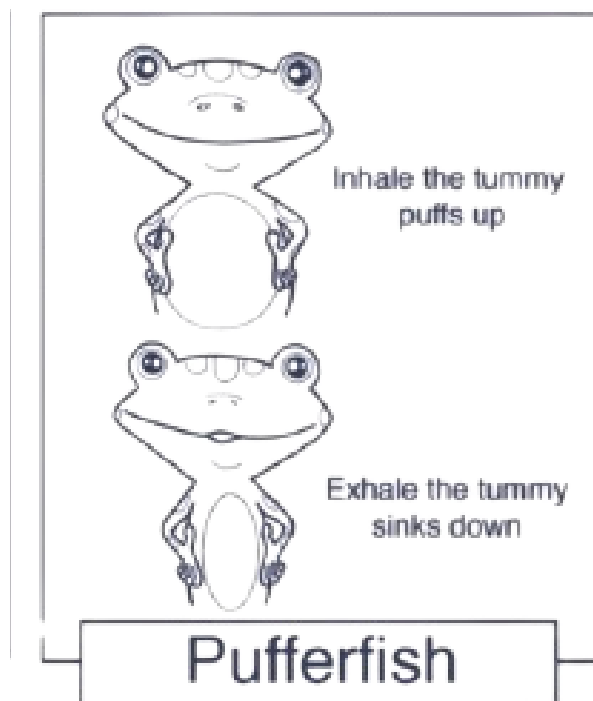
Animal Arms



Animal Arms



Animal Arms



Animal Arms

Dolphin

- 1 Stand with your feet shoulder-width apart.
- 2 Swing both arms over your head and jump.
- 3 Swing your arms down and dive.
- 4 Do it again 3 times.

Crocodile Crocodile

- 1 Stand with your feet shoulder-width apart.
- 2 Put both arms out and close them like a crocodile.
- 3 Open your arms wide and inhale.
- 4 Snap your arms together and exhale - repeat.

Pufferfish

- 1 Stand with your feet shoulder-width apart.
- 2 Take a big breath in - Make your tummy as big as you can.
- 3 Give a big breath out - make your tummy as small as you can.
- 4 Do it again 3 times.

Butterfly

- 1 Stand with your feet shoulder-width apart, arms at your sides.
- 2 Swing your arms out, like you are flapping your wings - breathe in.
- 3 Bring your arms in, and breathe out.
- 4 Do it again 3 times.



Anchors



Pause



Color/Draw



Listening to
Music



Music

COMPASSIONATE
SCHOOLS PROJECT

Flourish

Pause Place

Anchors

- 1 Find a comfortable position.
- 2 Place one hand on your heart and one on your belly.
- 3 Breathe in and breathe out, noticing your breath move.
- 4 Repeat 3 times.

Music

- 1 Find a comfortable position.
- 2 Put on headphones.
- 3 Focus on the music and your breath.
- 4 Return your materials, return to the class.

Color/Draw

- 1 Find a comfortable position.
- 2 Get your materials.
- 3 Color or draw, notice when you feel calm.
- 4 Return your materials, return to the class.



Mind Jar



Quiet Place



Journaling



Move My Body

Quiet Place

- 1 Find a comfortable position.
- 2 Close your eyes and imagine your favorite quiet place.
- 3 Think about how your quiet place sounds, feels and looks.
- 4 Breathe in and out as you think of your quiet place.

Mind Jar

- 1 Shake the jar and notice the glitter swirling.
- 2 Set the jar down.
- 3 Watch the glitter as it settles.
- 4 Notice if your mind is feeling calm.

Movement

- 1 Stand or sit quietly in the Pause Place area.
- 2 Choose a movement/pose that feels right for you.
- 3 Breathe slowly in and out as you move.
- 4 Return to the class when you are ready.

Journaling

- 1 Find a comfortable position.
- 2 Select a journal prompt that interest you.
- 3 Take a breath, and respond to the prompt.
- 4 Return your materials, return to the class.



Kind Mind



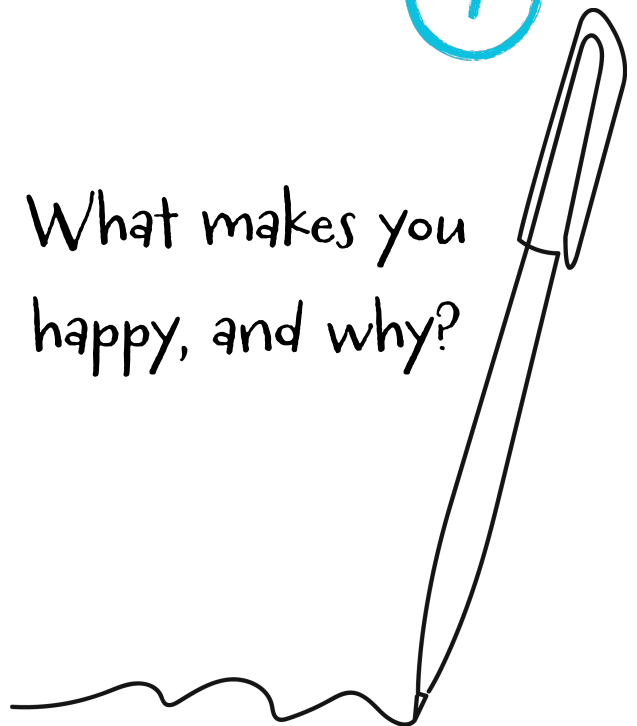
Breathe



Journal Prompts

1

What makes you
happy, and why?



Just Breathe

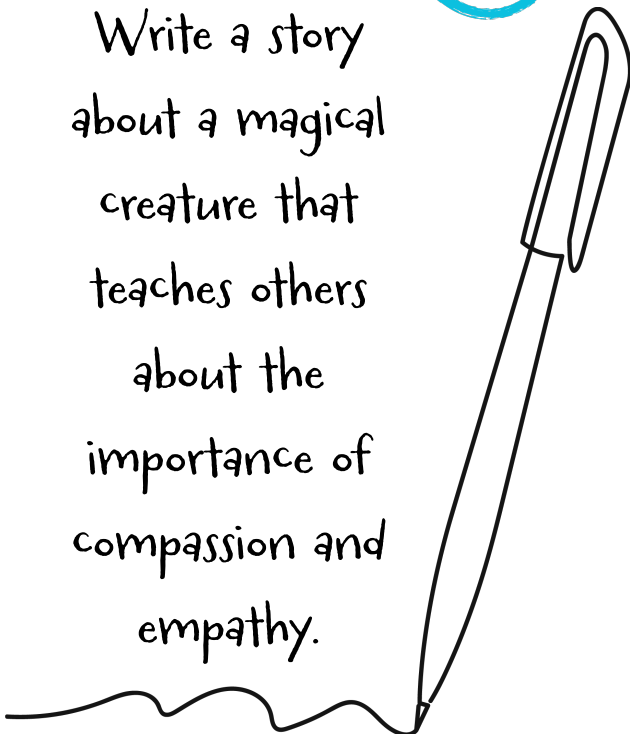
- 1 Find a comfortable position.
- 2 Close your eyes and let your attention settle on your breath.
- 3 Breathe in slowly, noting how your belly moves.
- 4 Breathe out slowly.

Kind Mind

- 1 Find a comfortable position and place your hands on your anchors.
- 2 Silently say some kind words to yourself ["May I feel happy, safe, and strong today." or "I am loved." or "I can be my best self." or "I am learning and growing everyday."]
- 3 Return your materials and return to the class.

2

Write a story about a magical creature that teaches others about the importance of compassion and empathy.



COMPASSIONATE
SCHOOLS PROJECT
Flourish



Journal Prompts

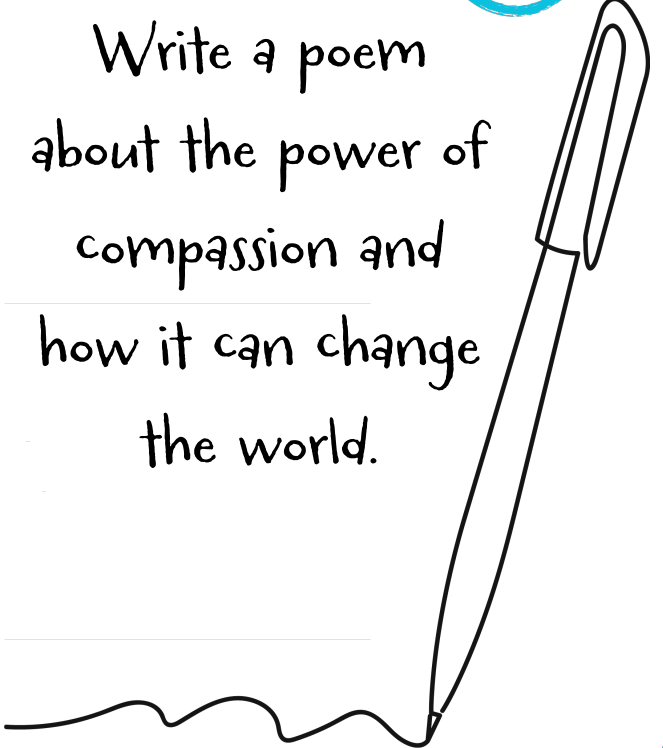
3

Write a journal entry about a time when you shared something special with a friend, like a toy or a treat.



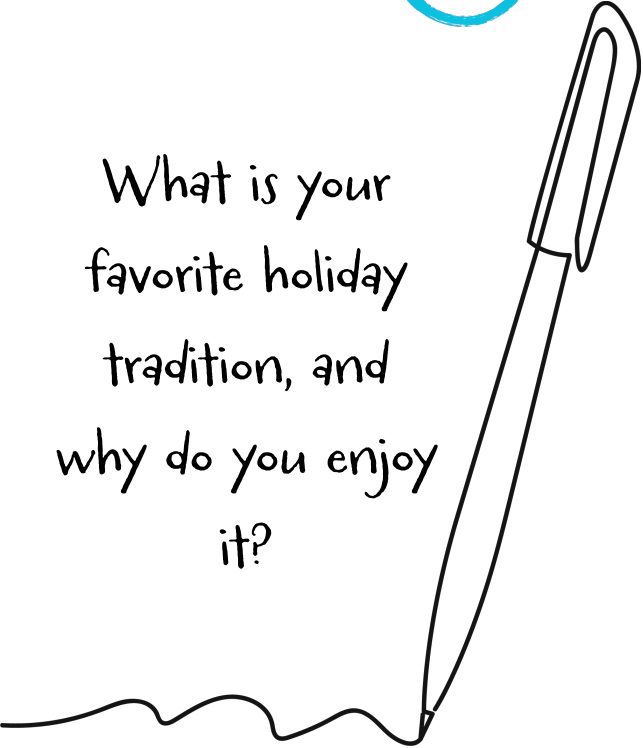
5

Write a poem about the power of compassion and how it can change the world.



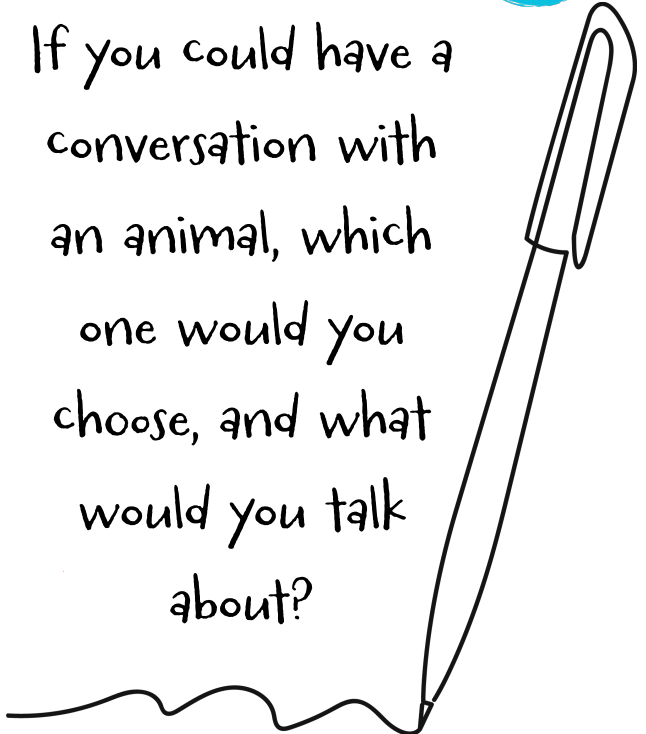
7

What is your favorite holiday tradition, and why do you enjoy it?



9

If you could have a conversation with an animal, which one would you choose, and what would you talk about?



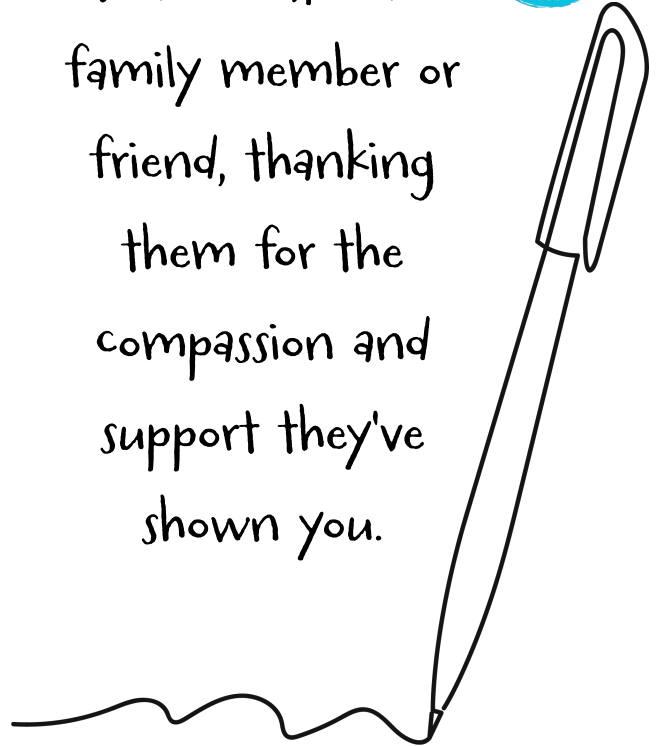
6

Write a story
about a hidden
treasure.



4

Write a letter to a
family member or
friend, thanking
them for the
compassion and
support they've
shown you.



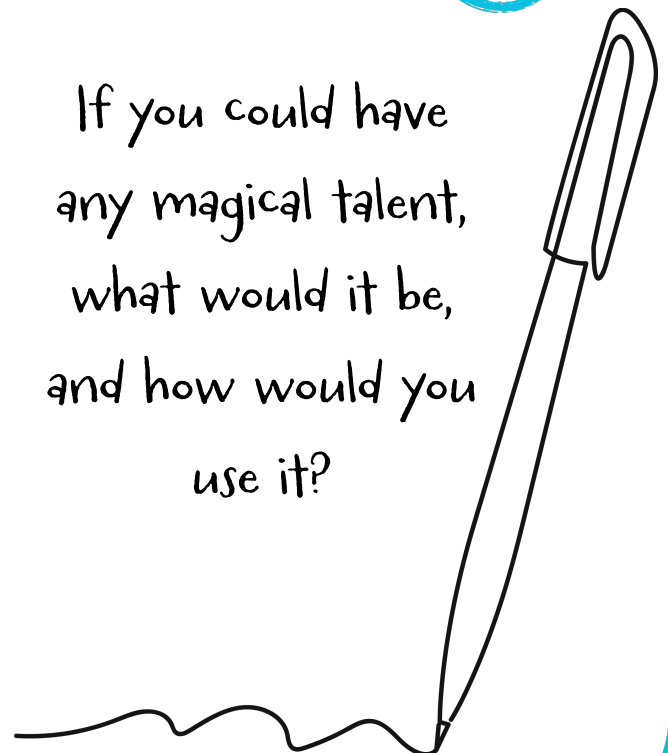
10

I can practice
being my best
self by...



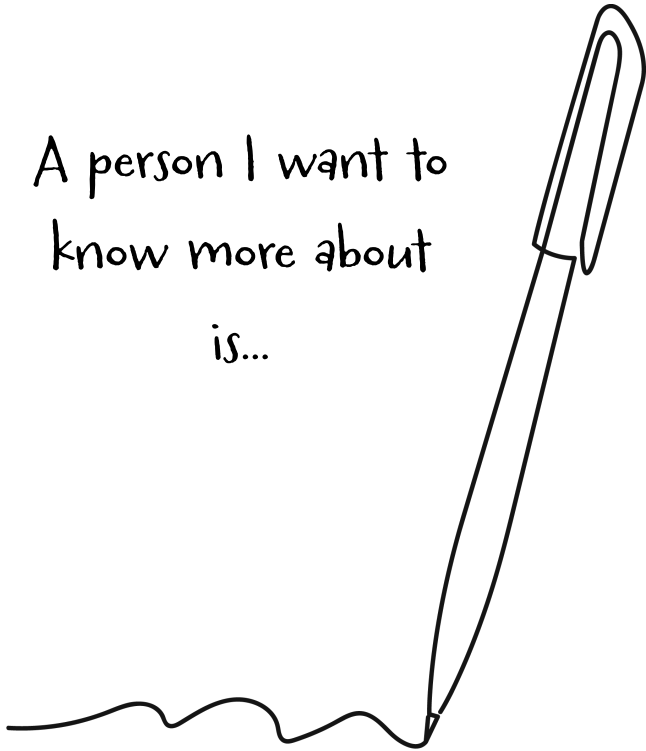
8

If you could have
any magical talent,
what would it be,
and how would you
use it?



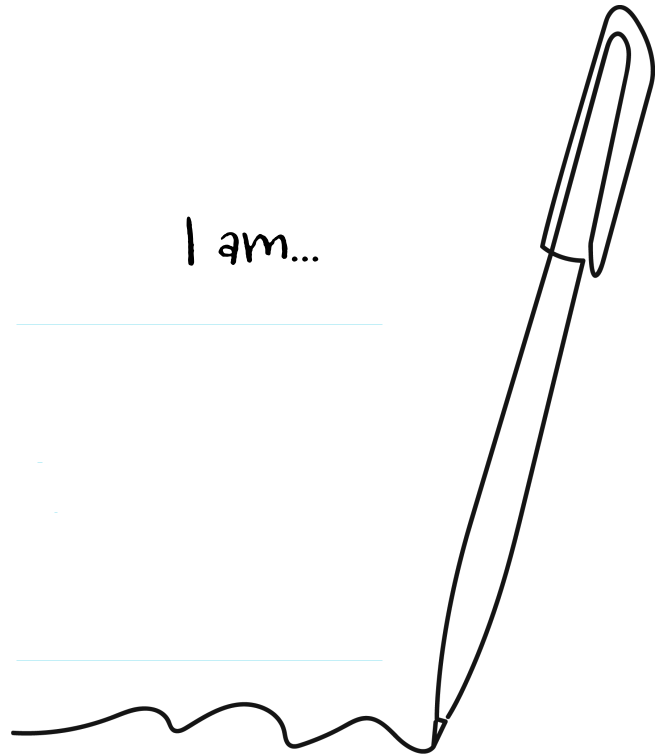
11

A person I want to
know more about
is...



13

I am...



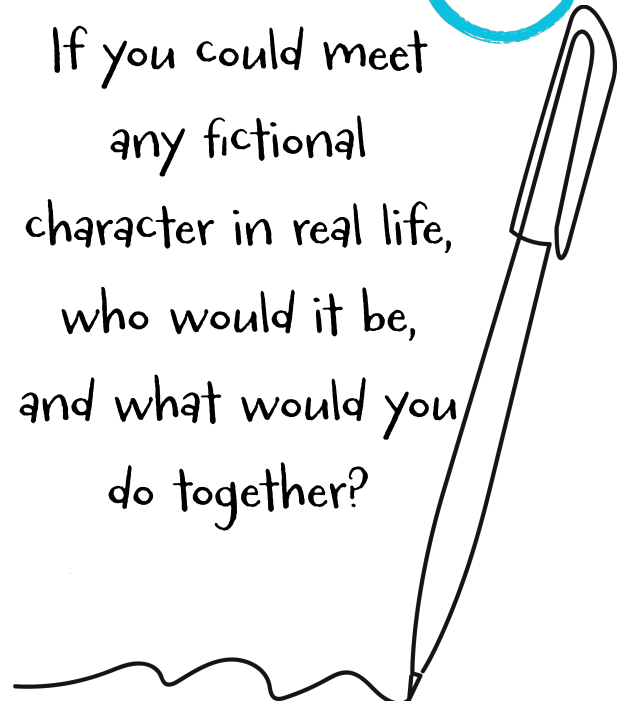
15

Write a story about
a character who
goes on an
adventure to spread
kindness and
compassion in their
community.



17

If you could meet
any fictional
character in real life,
who would it be,
and what would you
do together?



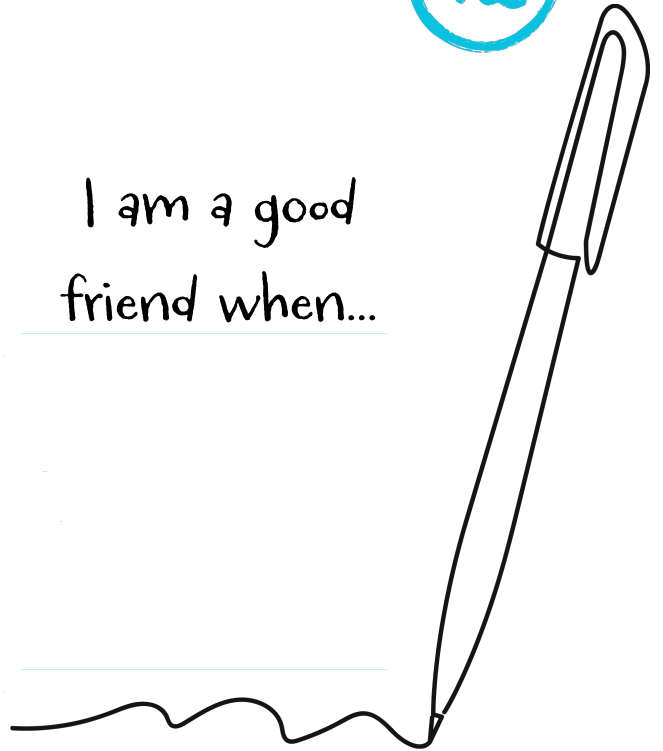
14

Write about a time
when someone
showed you
kindness, and how it
made you feel.



12

I am a good
friend when...



16

Write about a
time when you
felt really
grateful.

