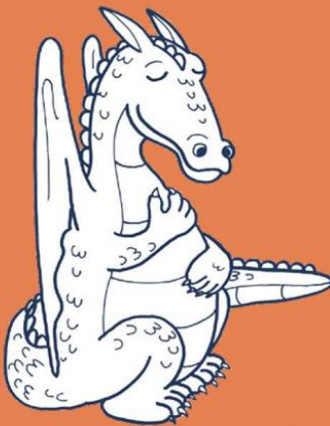
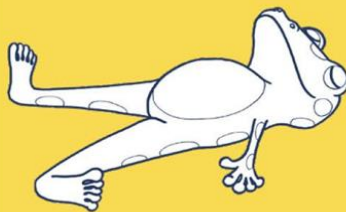


Pause Place Resource for Flourishing Students Group

Pause Place



Flourish





The Pause Place is a safe space for students to retreat to if they need to recollect or reconnect with themselves.

In CSP *Flourish* classrooms, the Pause Place is typically a designated area such as a mat or rug, with self-regulation resources available for students. *Flourishing Students Group* leaders are encouraged to create a Pause Place if there is not already a designated Calming Corner or other similar resource in place.

Pause Place Guidelines

- Pause Place mat is used as a tool for self-regulation.
- Students can see and hear what is going on in the group from the mat.
- The mat's location is calm, inviting, clean and uncluttered.
- Leaders also have a press-pause mat/space for modeling for students.
- Model periodically throughout groups.
- To model how and when to use the Pause Place, think aloud. For example, "I am starting to feel upset. I'm going to take a quick break to calm myself."

Pause Place vs. Time Out

<u>Pause Place</u>	<u>Time-Out</u>
Used as a proactive tool to support students' self-regulation.	Used as a punishment.
Helps students deal with intense emotions, distractions, or difficulty maintaining appropriate on-task behavior by giving them a space and time to practice self-regulation strategies.	Removes student from group activities but may not give student any specific strategies to address the cause of the behavior.
Teaches students what to do when feeling intense emotions.	Connection between the time out and emotional awareness is not usually present.
Makes taking a break a positive.	Makes taking a break a negative.

Pause Place Materials and Tips

- Offer the Pause Place as a choice for a student, but not a forced choice.
- Designate a mat or rug as the Pause Place. May decorate or customize rug color.
- Provide visual prompts for what students can do when pausing (deep breaths, calm and focus, identify how I am feeling). You may display copies of visuals provided in Flourishing Students Group materials for breathing practices, Mindfulness Muscle with Calming and Focusing, and Feeling Words/Faces.
- Other materials that may be provided in the Pause Place include a Mind/Glitter Jar (see instructions below), Hoberman sphere, and drawing and journaling materials.
- Make empathy your first response when using the press-pause mat. Show unconditional caring and understanding. How is the child feeling? Why might he/she be feeling this way? Think of a time when you felt that way and try to connect to the student by realizing how it affected you.

Introducing the Pause Place to Students

Materials: Glitter Jar or image of Glitter Jar

Bring the group together and remove the lid from a jar of glitter that is settled. Walk around so students can look down into the jar and describe what they see. Alternatively, show the group an image of a jar with glitter settled, such as jar on the right in image below.



Ask students what they have to do if they want the glitter to settle to the bottom of their jars (give it time to calm and settle). Show them the Pause Place and tell them the Pause Place is a special mat they can visit when they need time to take a pause to calm and settle or press pause.

Ask students when they would need to visit the Pause Place. Help them conclude they would visit it when their minds and bodies are full of swirling thoughts and feelings and they need a moment to calm their bodies and focus their minds.

Summarize for students

- Pausing can help them calm and settle their minds and bodies.
- The Pause Place is a place they can go during group when they need to pause.
- They can place their hands on their Anchors and take Calming Breaths to help calm and settle their minds no matter where they are.



Optional: Create a Mind Jar with Students

If time allows for an additional group session, lead students in creating a Mind Jar to take home! This may be introduced at any point following Session 1.



Swirling Mind

Our minds can be calm or swirling.

Swirling minds can settle like the glitter in the jar when we calm and focus ourselves.

Materials and Preparation

Materials:

- Empty and clean transparent plastic bottles or jars with water-tight lids (one per student)
- Dish soap (enough for 2 drops per student) or glycerin (you will need enough to fill about one quarter to one third of each jar)
- Small stickers and marker to label jars
- Glitter (at least 1Tbsp per student)
- Small cups

Preparation:

- If using dish soap, fill bottles or jars with warm water. Then add 1-2 drops of dish soap in each. Replace lids.
- If using glycerin, fill bottles about 2/3 with water and then fill with glycerin. Replace lids.

- Prepare stickers with student initials.
- Consider pouring glitter into small cups ahead of time.
- Choose and prepare a workspace for small groups of students to prepare glitter jars. You may want to protect the table or floor in case of spills.

Instructions

- Bring small group to the workspace.
- Provide each student just enough glitter for their own jar in one or more colors.
- Assist students as needed in pouring the glitter into the jar. Encourage students to try it themselves and practice their mindfulness, focus and patience.
- Close the jar and place the sticker with the student's initials on the lid. Move jars to a safe location before working with the next group of students.
- Shake up each bottle to make sure the glitter is not clumping together.
- Consider sealing the lids with glue to prevent spills.

Lead students in exploring their Mind Jars with prompts such as:

- How is the glitter in the jar like our thoughts and feelings?
- How many Calming Breaths does it take for the glitter in your Mind Jar to settle all the way?
- How do you feel when you breathe and watch the glitter settle?
- How would you teach someone (a younger student, sibling, cousin) how to use the Mind Jar?

Summarize for students:

- *Sometimes our thoughts and feelings feel like they are swirling like the glitter in the jar.*
- *Pausing can help calm and settle our minds.*
- *They can use the glitter jar and their Calming Breaths to take a pause.*

Send Mind Jars home with students and encourage them to share with others what they've learned.