Notice, Pause, Choose

A feelings activity from The Good Mind Academy

Optional trusted-adult cue: Read the prompts aloud if helpful. Children can pass, draw, write, or skip any prompt.
Take this at your own pace. You do not have to share anything. You can choose a prompt, pause, or skip it.

1. NOTICE
What do you notice in your body? What feeling might be here?
Some feeling words: happy, sad, mad, worried, calm, or confused. You can choose another feeling or skip the words.
Another feeling: _____
Draw or write if you want:
_____
_____
_____
_____
_____
_____

2. PAUSE
If it feels okay, notice your feet on the floor. Take three slow breaths, or pause in another way that feels comfortable.

3. CHOOSE
What is one kind, safe, or helpful next step?
Some ideas: ask a trusted adult for help, use calm words, take a short break, try again, or make something right.
I might choose:
_____
_____
_____
_____