

# Take a **TIME IN** when you need a pause

Sometimes our minds and bodies tell us that we need a pause. When we feel overwhelmed, frustrated, tired, or full of emotions, taking a “time in” can help us slow down, reconnect with ourselves, and return with a calmer heart and clearer mind.

## 1. Pause and Breathe

Take three slow breaths and notice how your body feels.

## 2. Relax Your Body

Stretch, unclench your hands, or let your shoulders soften.

## 3. Notice Your Feelings

Ask yourself what emotions you are feeling right now.

## 4. Choose One Comfort

Drink water, hug a stuffed animal, read, draw, rest, or sit quietly.

## 5. Return Gently

When you feel ready, slowly return to your day or activity with kindness toward yourself.



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## Still Feeling Upset?

Talk to a trusted adult or friend,  
or give yourself more time to:

- breathe
- rest
- draw or read
- sit quietly

**Big feelings can take time.**