



Pause, Just Because

The Top 10 Pauses for Classrooms or Home Take this time for you. Do these two or three times a day.
Remember to pause, just because! praxsicoachtere@comcast.net

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1. **Tip to Tip** – Open one hand, palms up. Touch thumb to pointer, breathing in. Breath out as you open your hand. Touch thumb to middle, ring and baby with the same sequence. Do the other hand. Notice your breath slow down.
2. **Heart Rock** -Cross your arms across your chest, standing or sitting, close or avert your eyes and sway side to side. Inhaling one side, exhaling on the other. Count 10 rounds.
3. **Falling Silent** - Close or avert your eyes. Breathe in to the count of 3, 4 or 5, breathe out to the count of 3, 4 or 5 for 10 breaths. If you hear a sound, say sound and go back to breathing. If you have a thought, say thinking and go back to your breath. Enjoy the quiet and silence.
4. **Slider Breaths** - Extend your pointer and middle finger of one hand, tucking the other fingers away. Cross across your body to the top of the shoulder, breath in as you slide the two fingers from the shoulder to the tips of your fingers. Hold the breath for a second and exhale, sliding the finger up to the top of the shoulder again. Do this 5 times and 5 more on the other side. Follow your finger tips with your eyes.
5. **Eye Catching** – Place you're the palms of your hands over your eyes with a slight curl of your fingers. You may rest your elbows on legs, or hold arms against chest. Breath in and out for 10 rounds of breath.
6. **Loosen up** – Sit on the floor or in a chair. Shake one hand to the count of ten, while the other one lays on your lap. Close or avert your eyes and notice the difference between the sides. Shake the other arm to bring it into symmetry. Close your eyes again and feel the difference the second time around. Try doing it with legs, noticing the sensations of letting go.
7. **Tranquil Tap** – Using the tips of of your fingers, gently tap your forehead, starting at the top and across. Tap your eyebrows, the sides of your head called the temples. Tap across your cheek bones and back again. Follow the sides of your jaw toward your chin and back again. Tap under your nose and under your cheek bones. Now tap down your neck and and lightly tap your chest. Finish with a deep breath, exhaling with a sigh or ahhhh or shhhh.
8. **Push, Pull, Pause** – Breathing in, extend your arms, palms forward, push arms in front of you, place palms up and make gentle fists. As you breath out, bring fists towards you. Open hands, push outward, extending arms again and repeat 10 times. Push away any stress! Pull in and flow!
9. **Navel Gazing** – Let your head hang downward, closing or averting your eyes. Notice your breath and let your thoughts go to a happy place or a happy time. Without moving or talking, spend time thinking about this time or place, letting sounds and distractions fade away as you spend this quiet, happy time with your thoughts. Finish with deep breath, exhaling with a sigh or ahhhh or shhhh.
10. **Mission Message** – Close or avert your eyes, going inward, notice your breath. Inhaling, say to yourself, may I be happy, exhale. Inhale, may I be healthy, exhale. Inhale, may I be calm. Think of another person or animal and send the kind message to them. May you be...happy, healthy and calm.