

Here is a simple tool for you and your children.
If you are feeling unfocused, stressed, angry or
anxious. Or if you simply need a moment!



S.T.O.P.



S. STOP what you're doing; put things down for a minute.

T. TAKE A BREATH – Inhale for 1, 2, 3, 4 and exhale for 1, 2, 3, 4, 5, 6, 7. Count slowly, out loud to help your children. Again, in for 4 and out for 7. One more time, in for 4 and out for 7.

O. OBSERVE your experience just as it is—including thoughts, feelings, and emotions. What is on your mind? Notice that thoughts are not facts, and they are not permanent. Just like clouds passing in the sky.

Notice any emotions present and how they're being expressed in the body. How does your stomach feel? Are your shoulders by your ears or relaxed?

P. PROCEED with what you were doing, but recognize you may feel more focused and calm now. If you still need something that will support you, ask for a hug or a snack or a cup of tea.

Inspired by Elisha Goldstein's article in *Mindful*, August 2013.