

Go from this



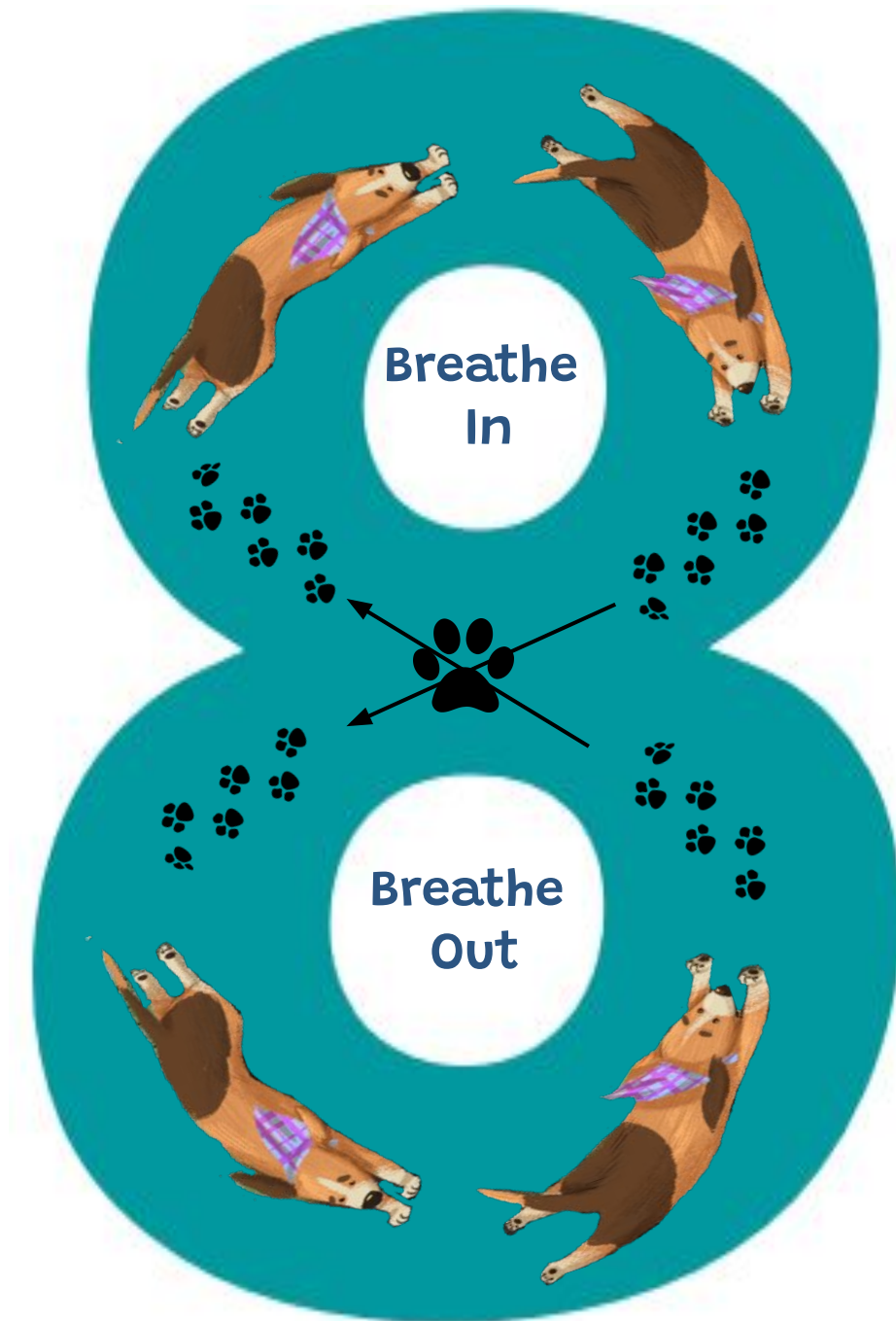
# Welcome to the Pause Place



to this.



# Scout's Figure 8 Path



Start with your finger on the paw print in the middle of the 8. Slowly follow Scout's paw prints to trace the shape of the 8. Breathe in and hold it as you move around the top of the 8, Then breathe out gently as you trace the bottom of the 8. Continue breathing in and out as you slowly Scout's path. Repeat this a few times.



# Breathe Around the Block

Hold for 4 counts.

Breathe in for 4 counts.

Breathe out for 4 counts.

Hold for 4 counts.

**Start Here**

Put your finger on Scout the safety pup, in the bottom left corner of the square. Trace Scout's path around the block, following the directions to complete one DEEP breath. Continue breathing around the block until you feel calm.



# Hot Chocolate Breathing



Pretend to hold a mug of hot cocoa in your hands. Breathe in as you smell the chocolate. Count 1...2...3...4. Gently blow out through your mouth like you are cooling your hot chocolate. Slowly count 1...2...3...4.





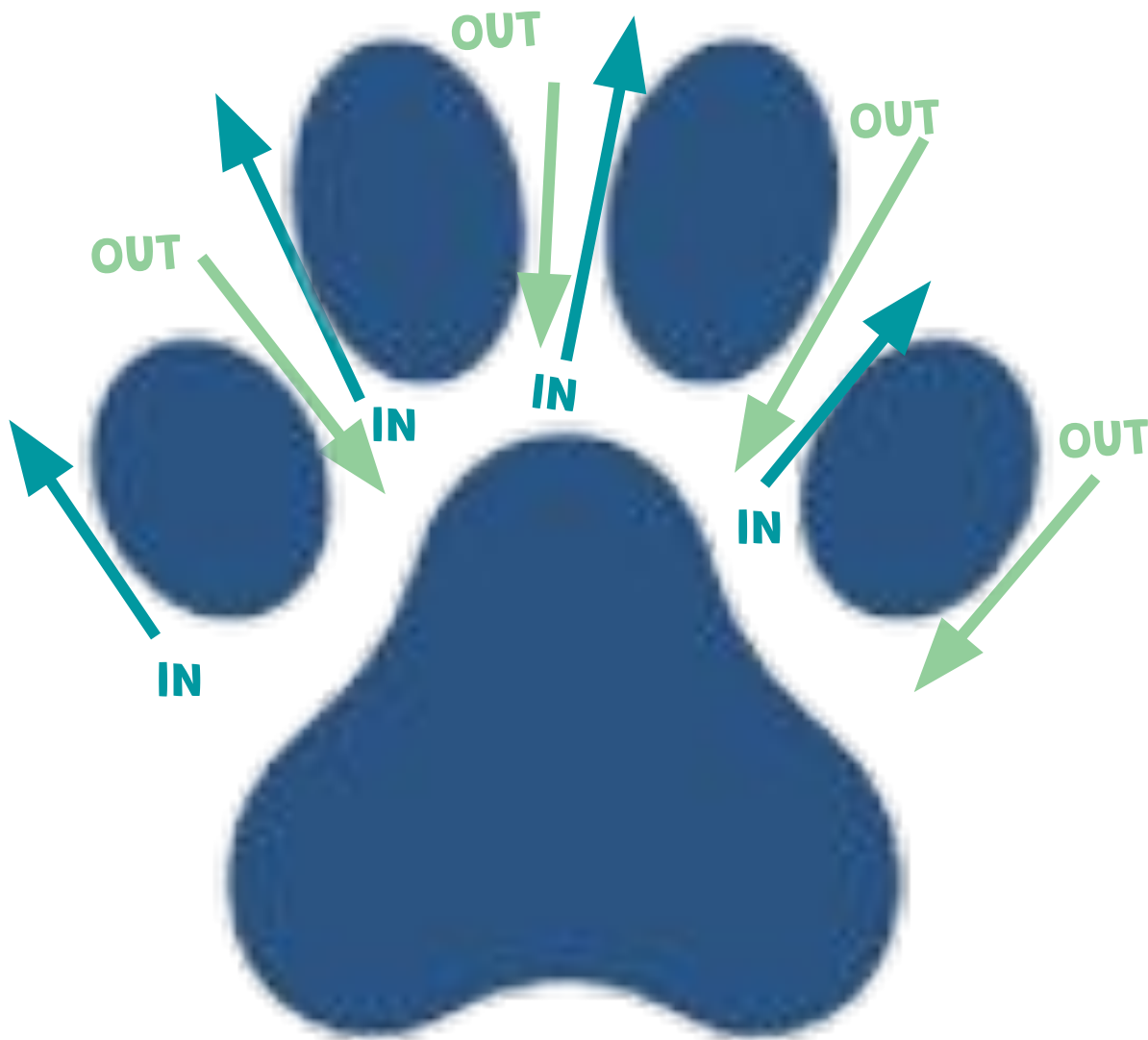
# Rock A Pup Breathing



1. Lie down on your back.
2. Place a stuffed animal on your belly.
3. Take some deep breaths.
4. Watch your belly move up and down as you breathe.
5. Rock your pup to sleep as you breathe deeply and calmly.



# Paw Print Breathing



Hold out your hand with your fingers and thumb spread apart.

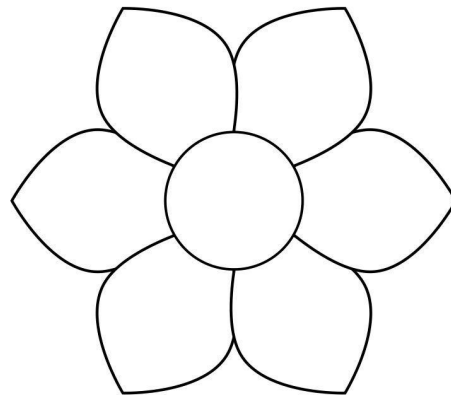
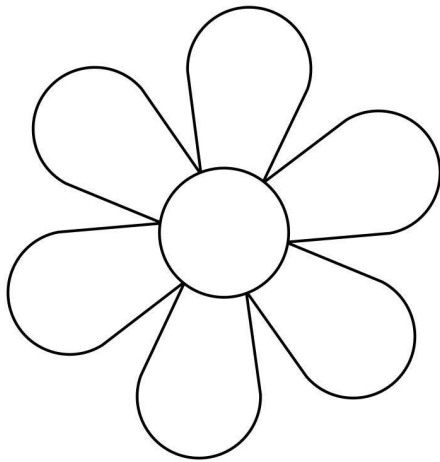
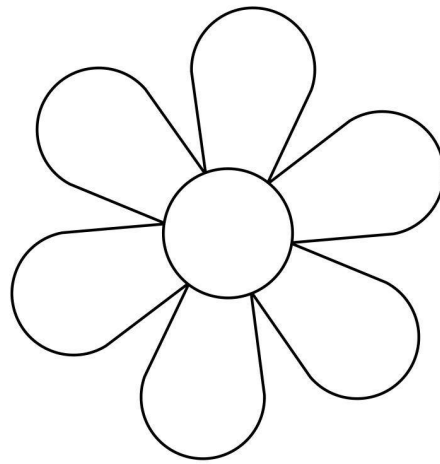
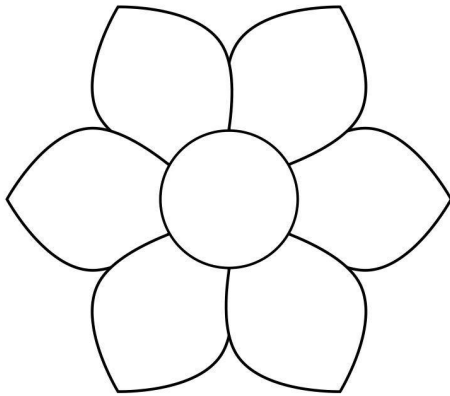
Use the pointer finger of your other hand to slowly trace around your thumb and fingers. Breathe in while you trace up and breathe out when you trace down.

Go slowly and focus on your breathing and how it feels.





## Scout's Garden



Color the flowers to match your mood.  
Place a scented sticker in the center of each flower.  
Take a nice, deep, slow breath. Breathe in the scent of each flower, one at a time. Then exhale slowly.

