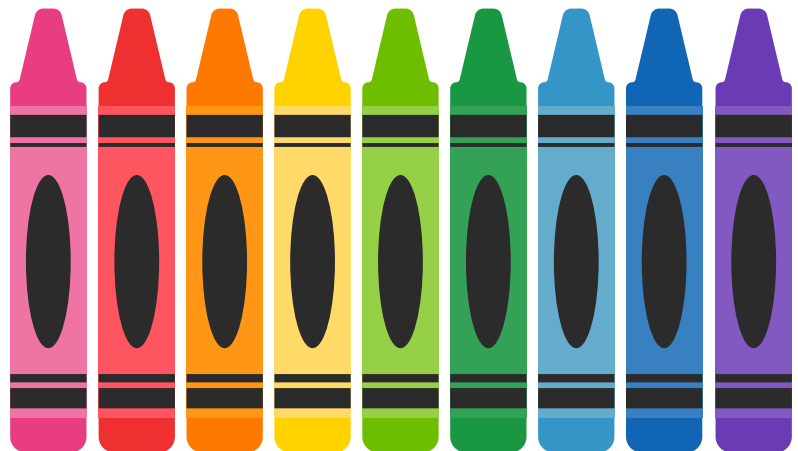
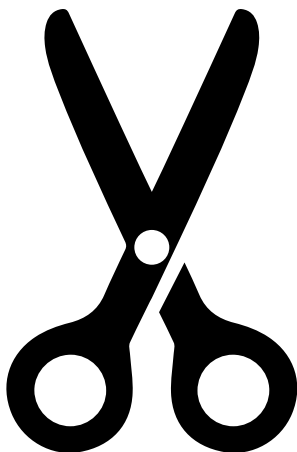




MINDFUL MUSICIANS

POCKET PAUSES – 2024



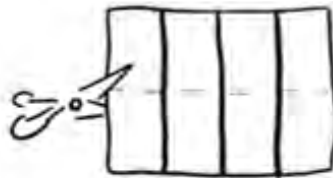
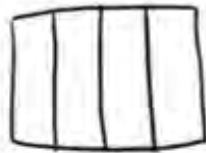
Fold your Pocket Pause

①

Print - DOUBLE SIDED

②

Cut in half



③

Pocket Pause 1



Pocket Pause 2

④

Fold accordion style



x 2

⑤

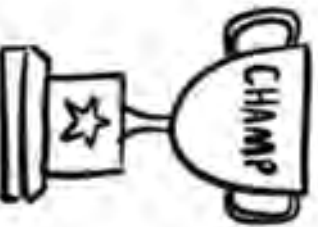
DONE!

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To win the trophy you need to accomplish 2 things. The first one has been done for you. Add 2 things that you want to accomplish. Color in your trophy when you're done.

- 1 Tidy my area
- 2 _____
- 3 _____



What is a goal that you have? Draw a picture of you accomplishing your goal. How will you look and feel?

I believe in me!



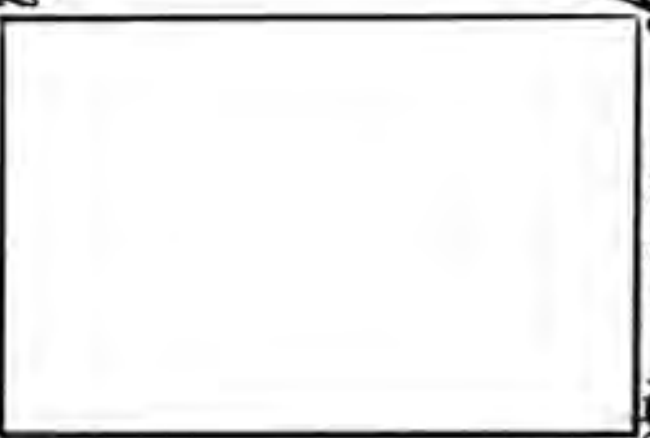
Take your time and see how many bubbles you can fill this page with.



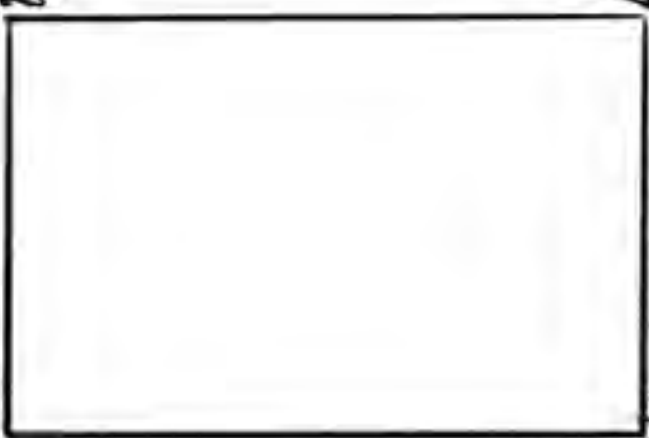
Take your time and see how many bubbles you can fill this page with.



DRAW A FAMILY PORTRAIT OF ALL OF YOUR EMOTIONS.

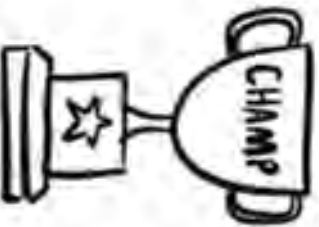


DRAW A FAMILY PORTRAIT OF ALL OF YOUR EMOTIONS.



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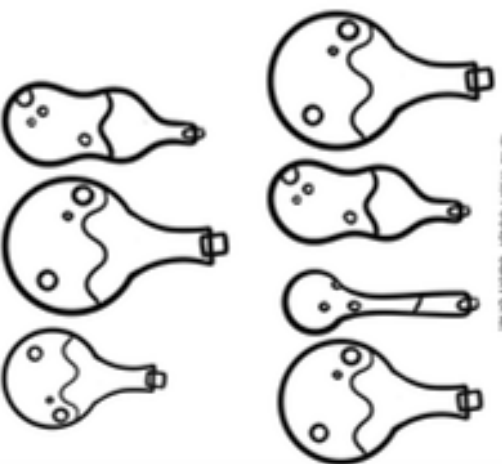


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I believe in me!



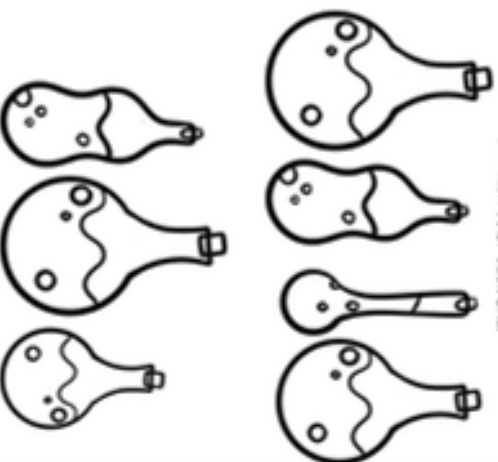
What emotions have you felt today? If each of these magical bottles was filled with those emotions which bottle would be for which emotion? Choose and then color each one.



For every thing you tidy today, add one sheep to your pasture



What emotions have you felt today? If each of these magical bottles was filled with those emotions which bottle would be for which emotion? Choose and then color each one.



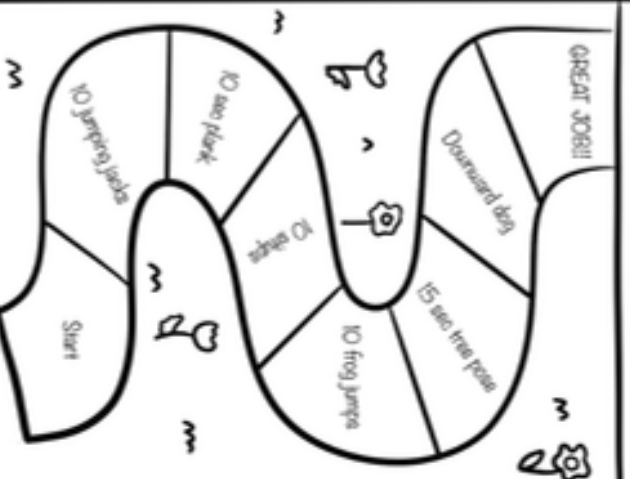
For every thing you tidy today, add one sheep to your pasture



SPY

- ☐ The colors of the rainbow
- ☐ 4 fuzzy things
- ☐ 3 shiny things
- ☐ 2 living things
- ☐ 1 big hug
- ☐ 4 slow breaths
- ☐ Grass
- ☐ Fresh air

Super mega challenge of the day! Can you make it to the end? Can you make it to the end?
Color in each tile that you complete



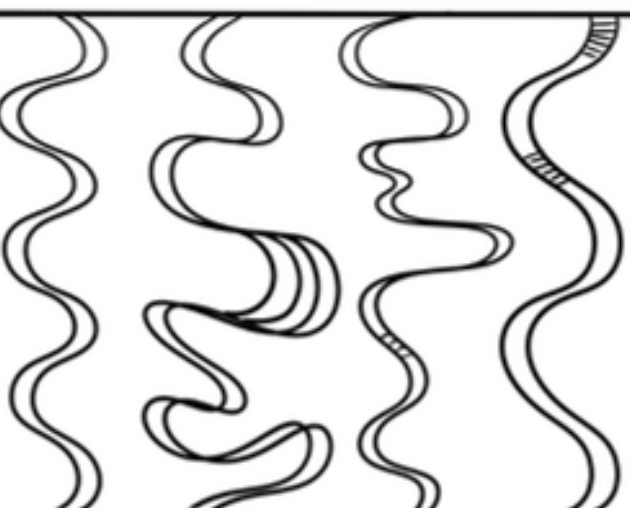
Find these words

sunshine strong kind funny

summer joy brave

O	P	S	S	S	S
S	R	T	T	U	U
U	T	R	J	M	L
N	F	O	O	M	B
S	U	N	Y	E	B
H	N	G	B	R	K
I	N	A	A	D	I
N	Y	V	K	A	N
E	E	L	C	B	D

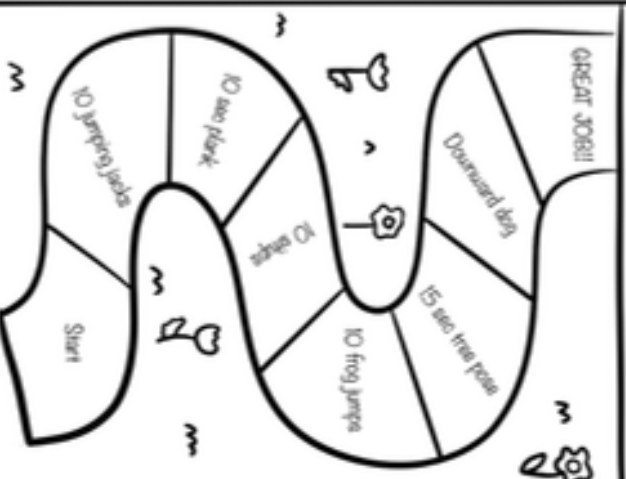
Add as many lines and squiggles as you can then color, your beautiful piece of art



SPY

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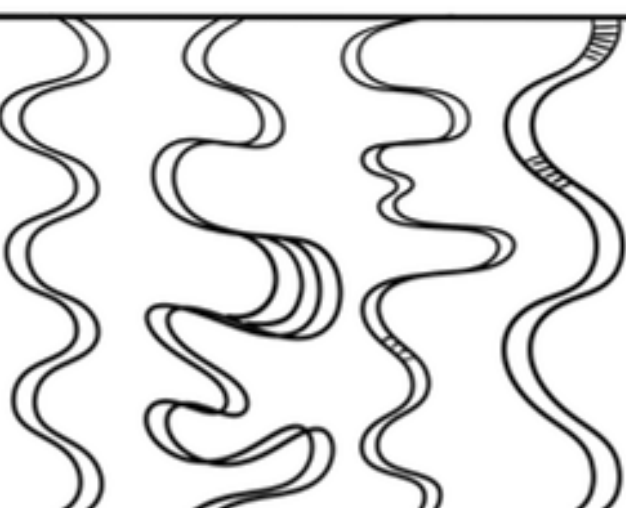
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O	P	S	S	S	S
S	R	T	T	U	U
U	T	R	J	M	L
N	F	O	O	M	B
S	U	N	Y	E	B
H	N	G	B	R	K
I	N	A	A	D	I
N	Y	V	K	A	N
E	E	L	C	B	D

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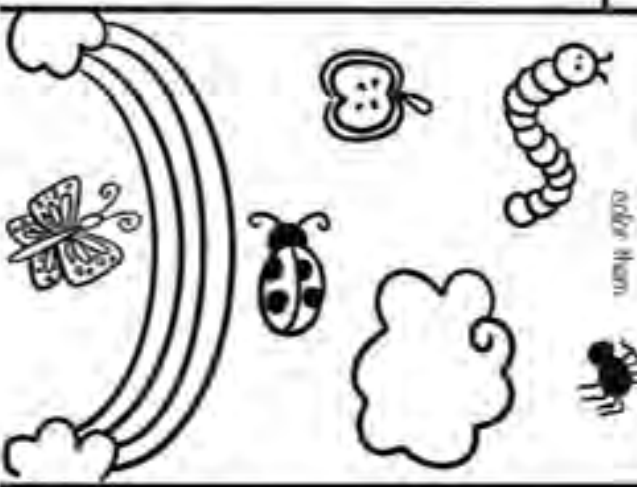


Use spaces from a past page and draw my train. You're counting from 11 when your emotion has. Draw what you think your character in each place look like.

Upstairs

Downstairs

Can you clip the number of syllables for each word of the items on this page? Now order them.



Let's make a model of it use the letters with statements that could encourage you throughout your day. Count how you and your friends to help you imagine, order as a piece.

I am _____
I can _____

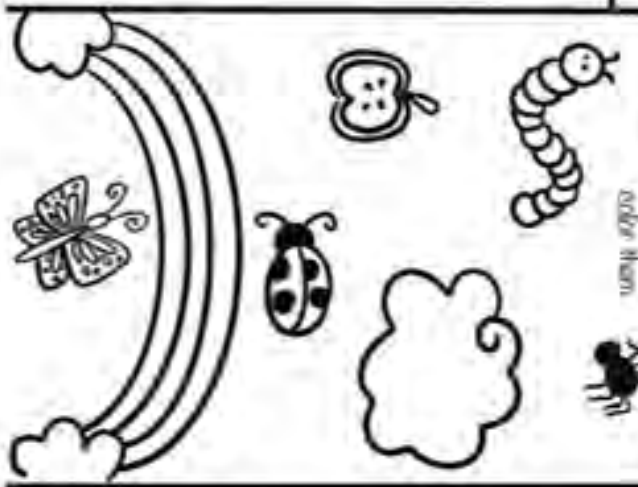


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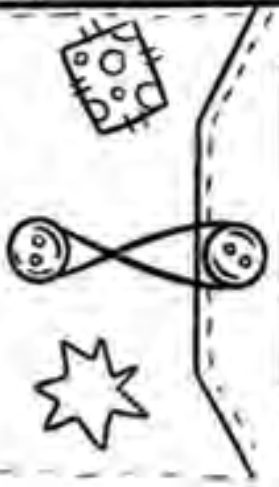


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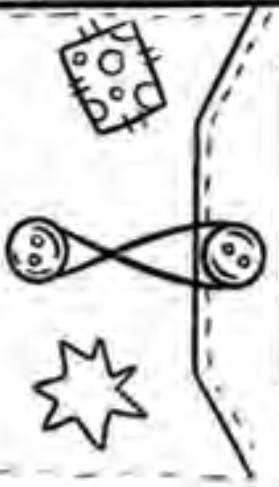
5



Pocket

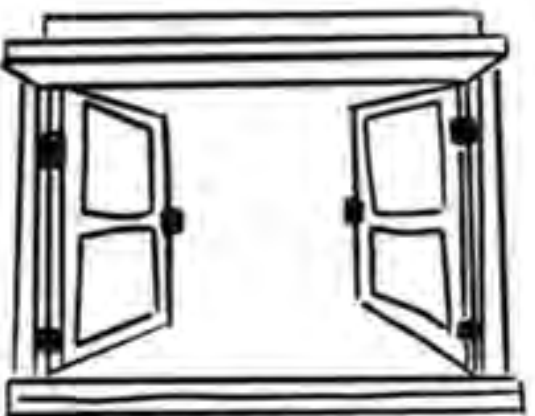
Pouch

5



Pocket

Pouch



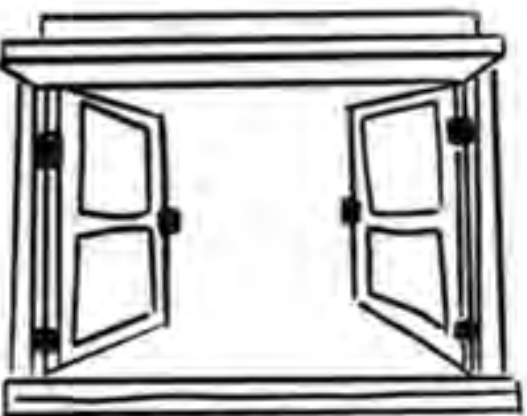
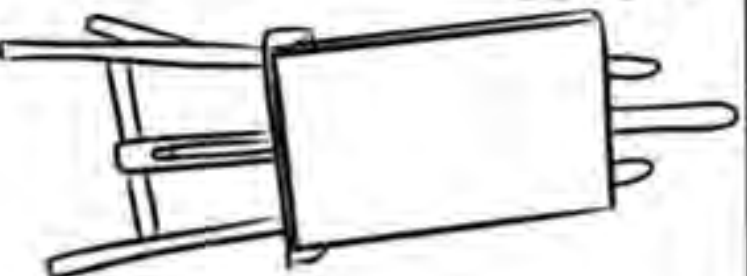
This is a magical window that lets you see anything. What do you see?

P	A	T	I	E	N	T	S
C	B	H	C	D	E	F	M
R	K	O	T	M	O	S	A
E	E	N	O	U	G	H	R
A	L	E	I	B	H	G	T
T	N	S	T	R	O	N	G
I	P	T	Q	A	R	A	T
V	T	U	W	V	K	M	R
E	E	O	P	E	I	D	S
K	H	N	D	L	N	Y	Z

Fig. 1a. Uniformly distributed stress with coefficient of variation of 0.05.



What answers are you looking for? What will you do? What steps will you take? What plans? What promises? What threats on the way? How is the



The is a magical window that lets you see anything. What do you see?

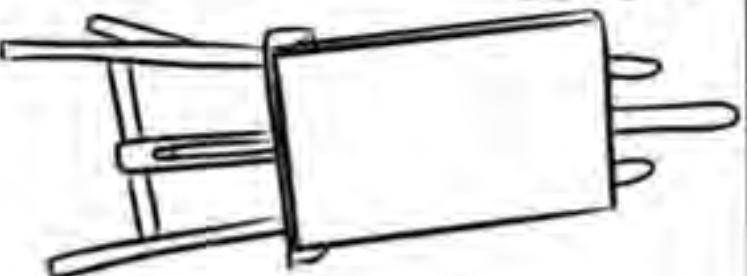
P	A	T	I	E	N	T	S
C	B	H	C	D	E	F	M
R	K	O	T	M	O	S	A
E	E	N	O	U	G	H	R
A	L	E	I	B	H	G	T
T	N	S	T	R	O	N	G
I	P	T	Q	A	R	A	T
V	T	U	W	V	K	M	R
E	E	O	P	E	I	D	S
K	H	N	D	L	N	Y	Z

Fig 1a is unfortunately more an illustration of a bad end and misquoting — made even less authoritative by an extraordinary panel.

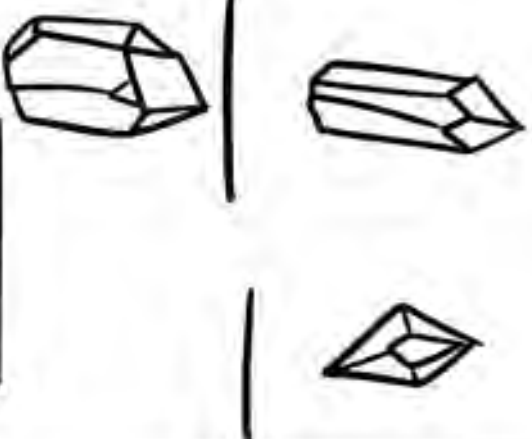


What comes up
you think right?
How often do you
go? What time is it?

What does he
do? What does she
do? How often do they
go? How often do they

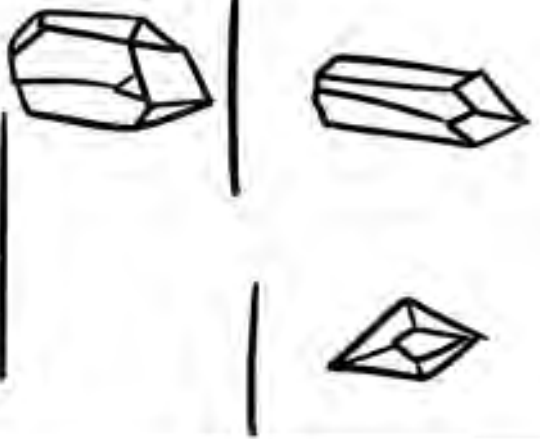


Coping Skills Gems



Think of one coping skill that helps you feel better on a hard day. Assign a gem to each one.
Color the gems!

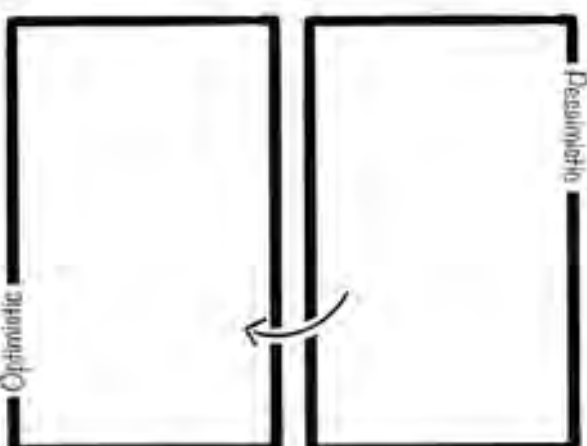
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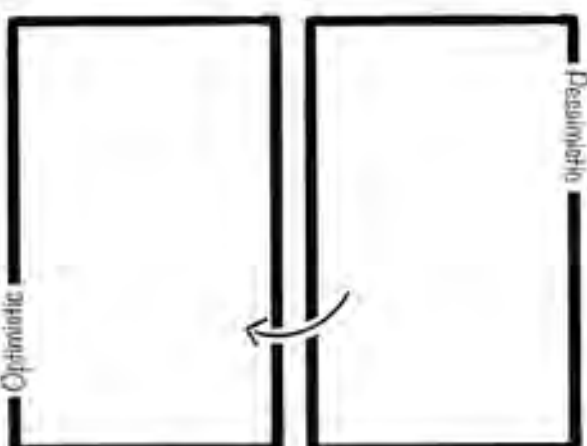
Power of Perspective

(Draw from the top down) on each of the four boxes of 4. (Draw from the bottom up) on each of the four boxes of 4. Turn your page upside down and draw the opposite. Your line will be a happy surprise!



Power of Perspective

(Draw from the top down) on each of the four boxes of 4. (Draw from the bottom up) on each of the four boxes of 4. Turn your page upside down and draw the opposite. Your line will be a happy surprise!



I AM

AND

!



Breathe slowly and
doodle some spirals



Say how you feel

I feel...



When... _____

Because...



I need...

I AM

AND

!



Breathe slowly and
doodle some spirals



Say how you feel

I feel...



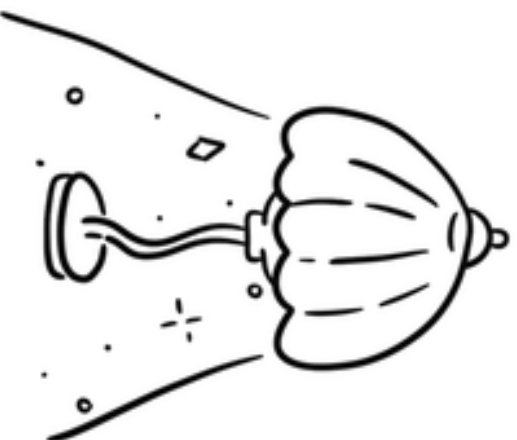
When... _____

Because...



I need...

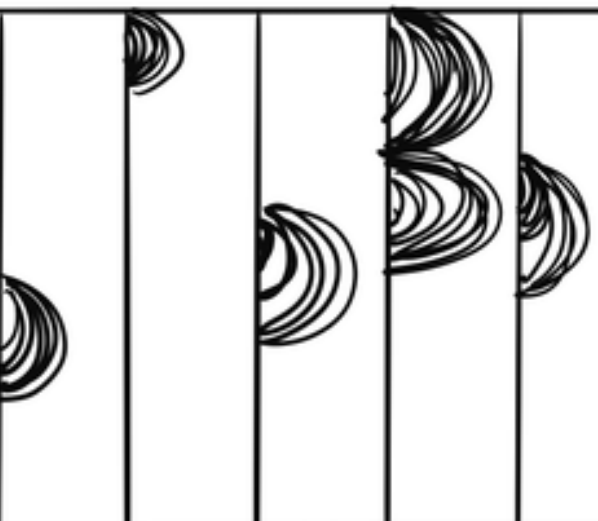
Imagine you are in a dark room that represents a tough feeling. Take a deep breath and imagine burning on this lamp. What colors do you want to shine from this light to represent the love you have for yourself.



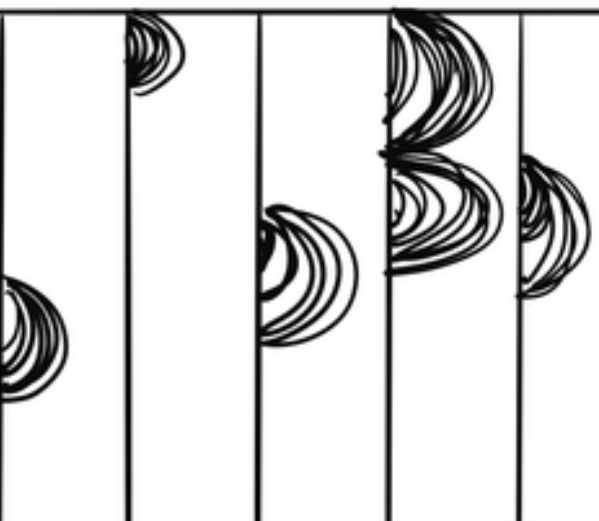
Write a letter of love to yourself to read when you are having a tough day.

Dear Me,

Pause. Lets scribble and breathe.



Pause. Lets scribble and breathe.



POCKET PAUSE

POCKET PAUSE



POCKET PAUSE

POCKET PAUSE



I SPY

☆ 5 animals

☆ 4 plants

☆ 3 red things

☆ 2 frog jumps

☆ 1 hug

To earn each badge, complete one act of kindness, one thoughtful gesture, and one demonstration of patience. Color in each badge as you complete the actions.



I SPY

☆ 5 animals

☆ 4 plants

☆ 3 red things

☆ 2 frog jumps

☆ 1 hug

To earn each badge, complete one act of kindness, one thoughtful gesture, and one demonstration of patience. Color in each badge as you complete the actions.



Can you find these words:

together laughter joy kind safe love breathe

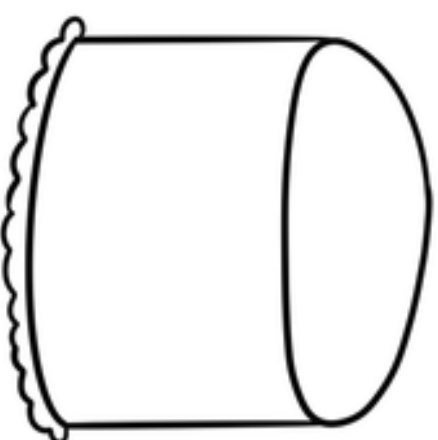
T	O	J	B	S	B
O	L	J	O	S	R
G	A	O	V	A	E
E	V	Y	V	F	A
T	G	E	Y	E	T
H	H	L	K	L	H
E	T	U	I	O	E
R	E	A	N	V	H
T	R	G	D	E	U

Can you find these words:

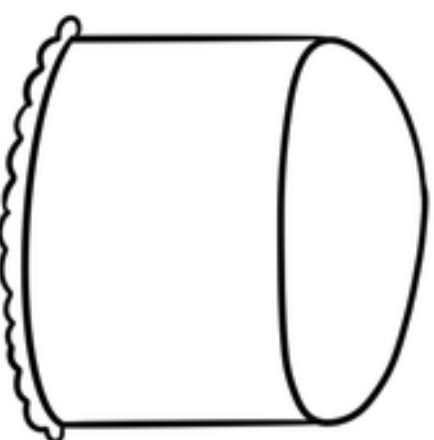
together laughter joy kind safe love breathe

T	O	J	B	S	B
O	L	J	O	S	R
G	A	O	V	A	E
E	V	Y	V	F	A
T	G	E	Y	E	T
H	H	L	K	L	H
E	T	U	I	O	E
R	E	A	N	V	H
T	R	G	D	E	U

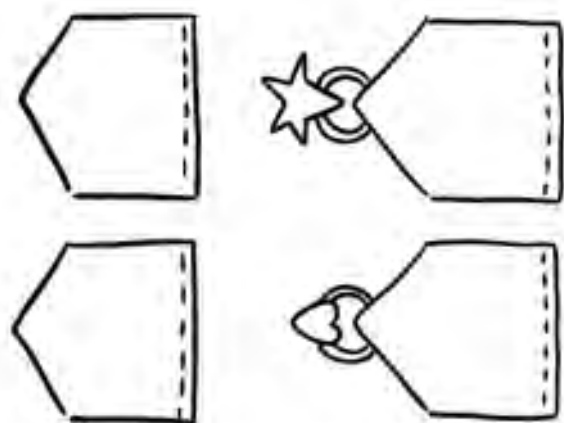
Sometimes giving your brain time to do something else can help you calm down. Like decorating this cake! Decorate your dream cake here. ↪



Sometimes giving your brain time to do something else can help you calm down. Like decorating this cake! Decorate your dream cake here. ↪



Design some badges. How could you earn them?



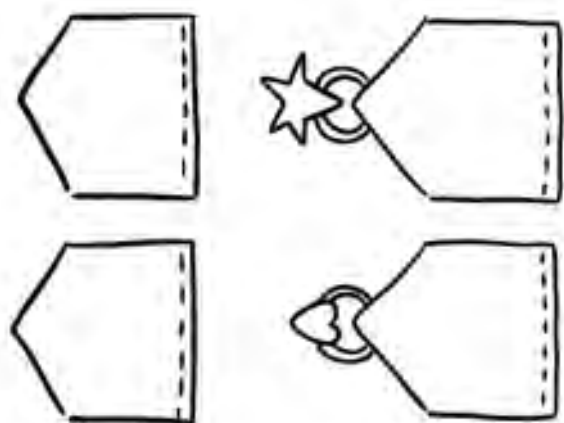
Can you find the words friend, fun, mindful, joy, dream, hope, and calm?

F R I E N D
M U C H
I Q A C H
N B D E A P
D R E A M E
F J V C I E
U N O E L V
L D Y O V

Draw an imaginary friend.



Design some badges. How could you earn them?



Can you find the words friend, fun, mindful, joy, dream, hope, and calm?

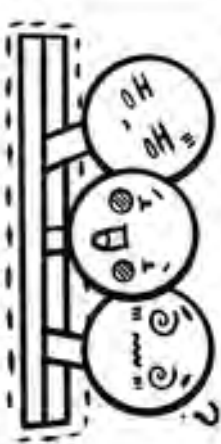
F R I E N D
M U C H
I Q A C H
N B D E A P
D R E A M E
F J V C I E
U N O E L V
L D Y O V

Draw an imaginary friend.



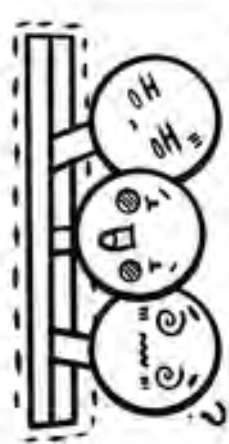
_____ 's

Pocket Pause



_____ 's

Pocket Pause



The image shows a 2x3 grid of six identical squares. Each square contains a stylized leaf or heart shape. This shape is formed by two overlapping circles: one circle is centered on the left edge of the square, and the other is centered on the right edge. The two circles overlap in the center of the square, creating a symmetrical, bilobed figure. The entire grid is composed of black outlines on a white background.



♪ ♪

♪ ♪