



## STOP ACTIVITY

**S** is for **STOP**. Stop what you are doing for a moment.

**T** is for **TAKE**. Take a few finger breaths

**O** is for **Observe**. Notice what is happening, as well as your current thoughts, feelings, or emotions.

**P** is for **Proceed**. Proceed with something that will support you in the moment. Take a walk or talk to a parent or friend.



**The next time you feel stress, anger, etc. go through this exercise and put STOP into practice.**

1. STOP. Did you stop what you were doing for a moment? What happened?

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2. Take a moment. Take a few deep breaths.

3. Observe. What did you feel? \_\_\_\_\_

4. Proceed. What did you do? How would you normally respond in this situation?  
How might you change your response in the future?

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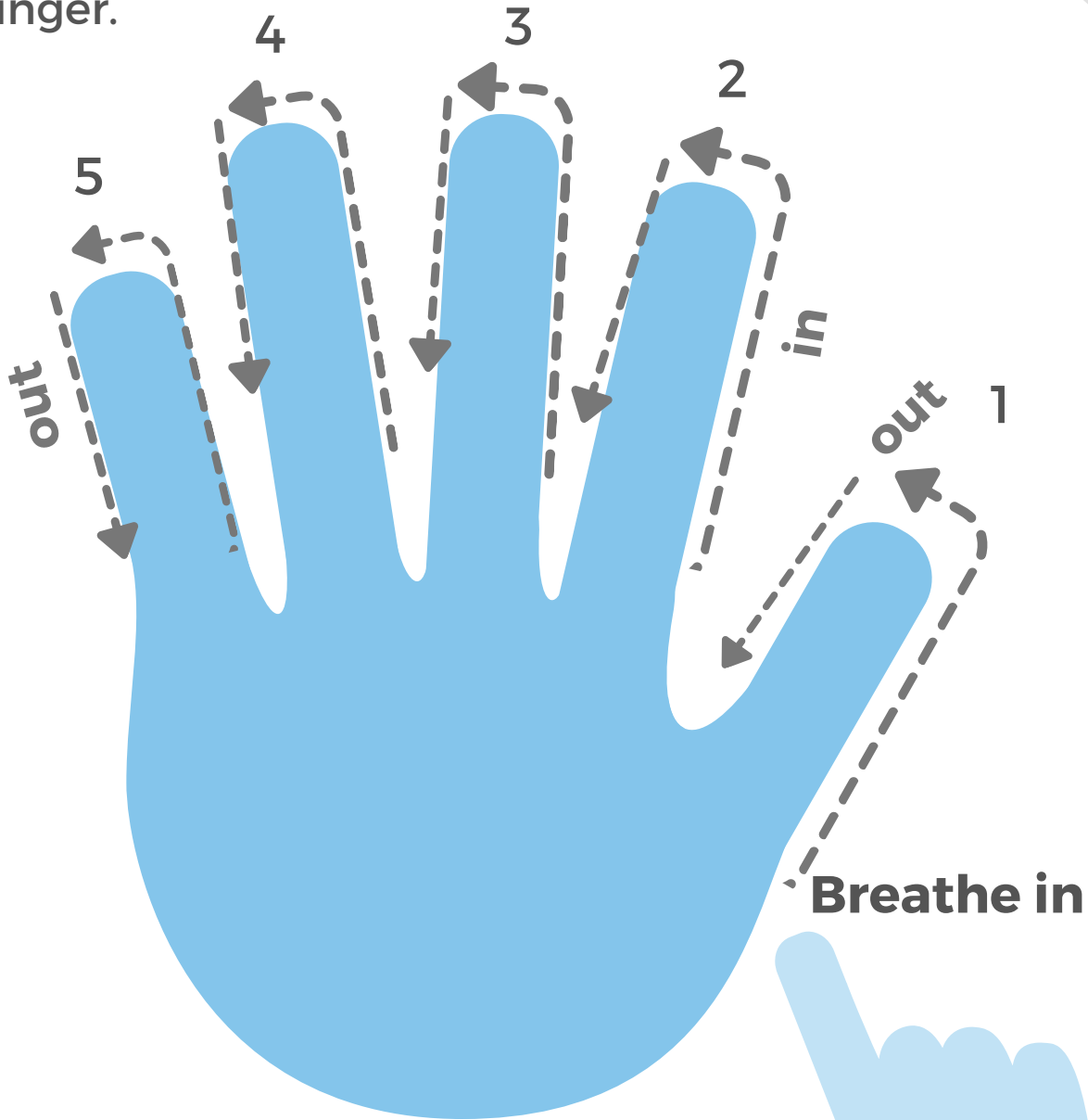
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# MINDFULNESS PRACTICE



**Finger Breathing:** Stretch your hand out like a star. Trace your hand with the opposite pointer finger. Take slow breaths in and out as you trace each finger.



Try finger breathing next time you're feeling upset, worried, or angry. You can also try this at bedtime to feel calm before falling asleep. How did you feel afterwards?



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