

# Move2Learn SEAL Lessons

## Moving to Feel, Learn & Be Your BEST!



### Lesson #9: Stop & Pause

#### Elementary Version

# Let's Review!

**Everyone has BIG feelings sometimes.  
It's what you do with them that matters!**

**Responding to BIG feelings looks like:**

Calm

SLOW

Listening

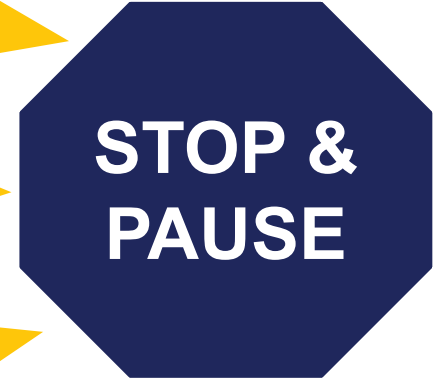
Talking

Compromising

Considerate of others' feelings



# How do we help ourselves **RESPOND POSITIVELY** to BIG FEELINGS?

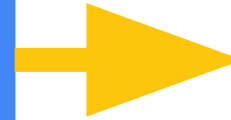
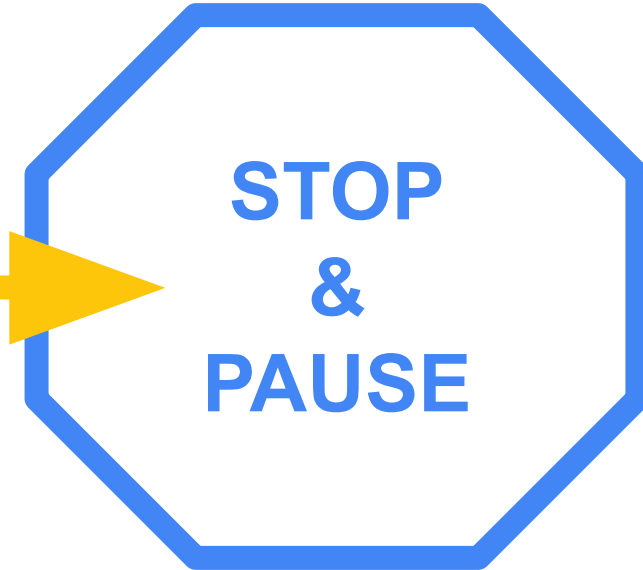


*It starts with a STOP!*

# What happens when we **STOP & PAUSE**?



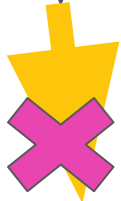
**REACT!**



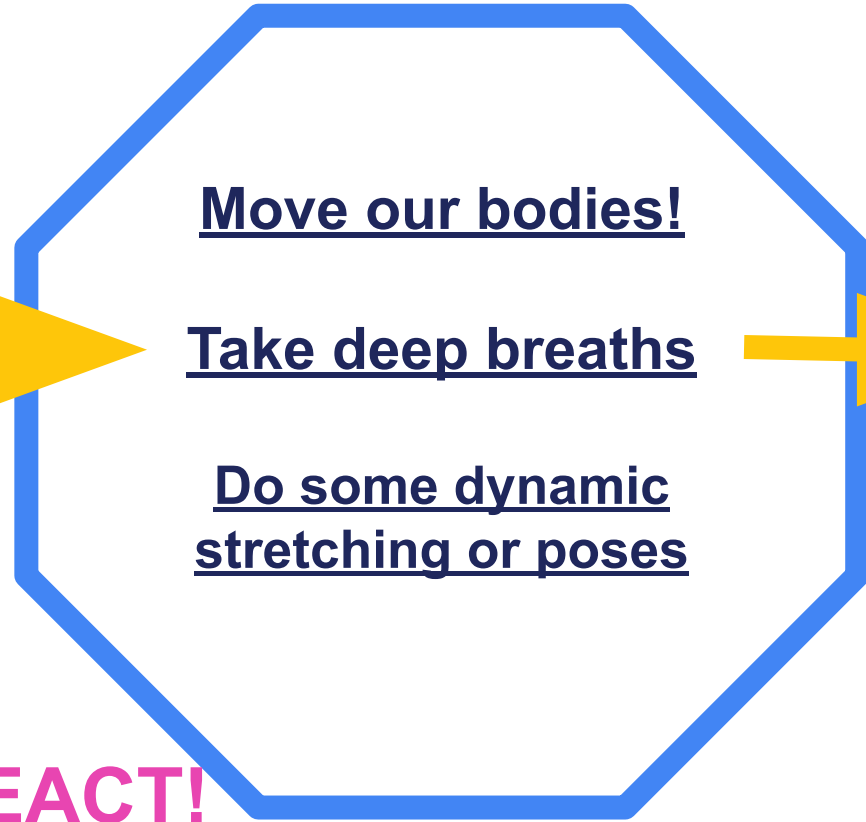
We can **RESPOND** to  
**BIG** feelings in a way  
that is...

Calm  
Thoughtful  
Intentional  
Slow  
Considerate of Others

What can you **DO** when you **STOP & PAUSE**  
to help you **RESPOND** your best?

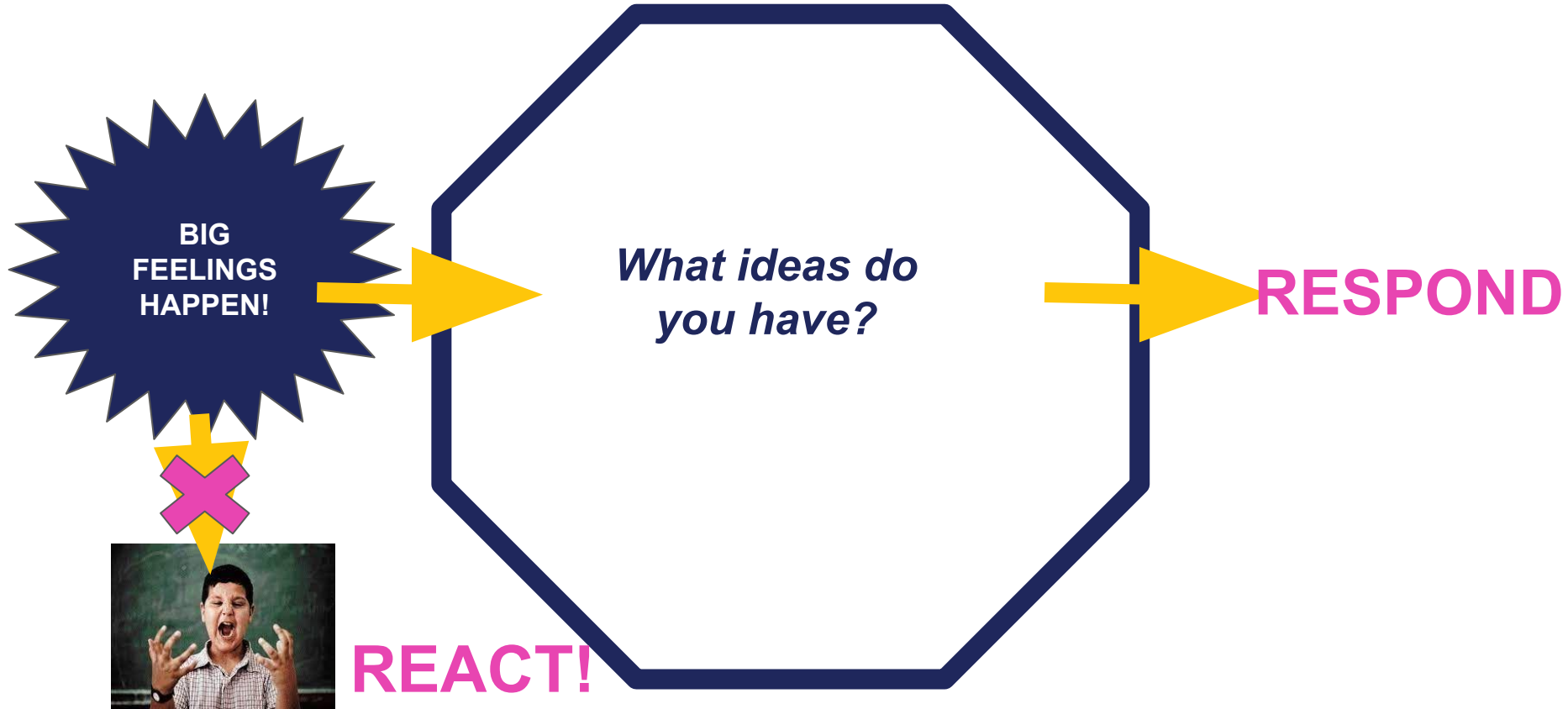


**REACT!**



**RESPOND**

What can you **DO** when you **STOP & PAUSE**  
to help you **RESPOND** your best?



**MOVE**  
**2LEARN**  
POWERED BY RUNNINGBROOKE