Move2Learn SEAL Lessons

Moving to Feel, Learn & Be Your BEST!

MOVE 2LEARN

POWERED BY RUNNINGBROOKE

Lesson #9: Stop & Pause

Secondary Version

Let's Review!

A REACTION to an INTENSE FEELING is…

Aggressive
Quick
Tense
Emotional
Not thought out
Often regretted
Hurtful to others

A RESPONSE to an INTENSE FEELING is…

Calm
Slow
Thoughtful
Intentional
Considerate of others

RESPOND vs. REACT

Think of a time when you **REACTED** & **RESPONDED** to a BIG feeling…

- How did you feel afterwards?
- How did your reaction impact other people?
- Was the conflict resolved?

How do we help ourselves **RESPOND** instead of **REACT**?

STOP & PAUSE

It starts with a STOP!

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

INTENSE FEELINGS HAPPEN!

STOP & PAUSE

We can **RESPOND** to **INTENSE** feelings in a way that is:

Calm
Thoughtful
Intentional
Slow
Considerate of Others

REACT!

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

INTENSE FEELINGS HAPPEN!

Move our bodies!

Take deep breaths

Do some dynamic stretching or poses

RESPOND

REACT!

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

INTENSE FEELINGS HAPPEN!

What ideas do you have?

RESPOND

REACT!


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