

For this activity you will need:

- Be present
- Observe
- Follow the prompts



What is the learning in this activity?

For : Parents & Carers

Purpose: Goal is to respond rather than react * this might mean you take into consideration the context, where everybody is at, how tired/hungry/bored and how you feel at that time

Let's try

When you find yourself feeling stressed, anxious, or overwhelmed, try these steps..

1. Pause for a moment and count slowly in your head from one to ten.
2. Breathe as you count - slowly and deeply (in through the nose, out through the mouth).
3. Think - What do I need right now?
4. Think—What does he/she/they need ?
5. Give yourself the time to decide on the best approach.
6. The goal is to respond rather than react.



Let's talk..

Qs - How do you feel? Did taking a pause and allowing yourself some time and space to process help? When could you use this strategy again ?

Extension - This can also a useful activity for children to help them connect to their feelings and express themselves. You could practice counting and breathing with your children & others.

**concept (pausing) adapted from Bringing Up Great Kids program - ACF

We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au