



Making a little room

The skill of pausing · name: _____ · date: _____



Many parts of the day arrive without a gap: one lesson follows another, messages ask for replies and a reaction can be expected immediately. A pause offers a small space in which nothing needs to be produced and the next response does not have to be automatic. The pressure around us stays. A pause may still give us time to notice what is needed.

What we are practising

By the end of this lesson, you can try several short pauses and describe what a pause may make possible before they respond or continue.

During the activity

A menu of pauses: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Where in an ordinary day this week might you fit in one sixty-second pause?

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What is pausing, as explored in this lesson?

- a) Giving up on a task completely
- b) Building small breaks into the day for rest, attention and choice
- c) Sleeping for as long as possible
- d) Avoiding all busyness in the day

I can name at least two short ways to pause during a normal day and explain what a brief pause can offer the mind and body.

☐ more than before ☐ about the same

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