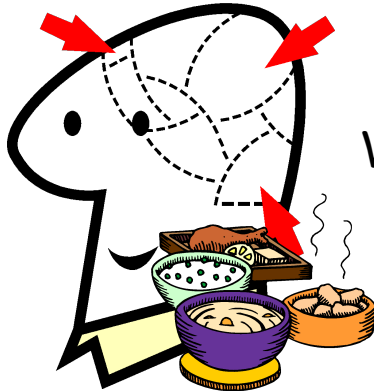


The Pause Button

By Mrs. Aydlette

Dedicated to everyone who needs to stop and think before acting.

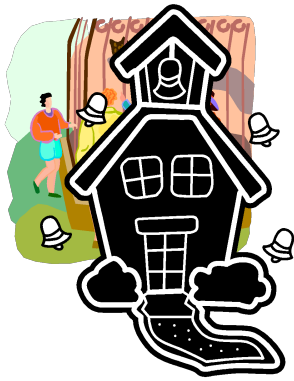
Everybody has a brain that is used for thinking.



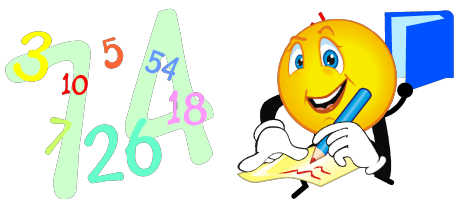
We think about what to eat.



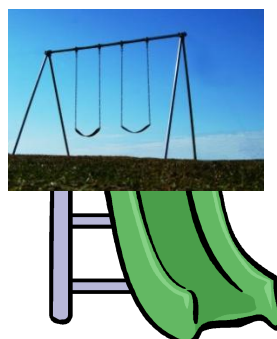
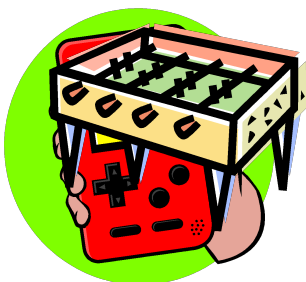
We think about where to go.



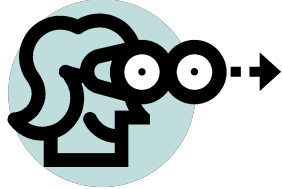
We think when we are learning.



We think when we are playing.



We think about what we see.



We think about what we smell.



We think about what we touch.



Chapter 2 The Pause Button

Sometimes we forget to think first before making a bad choice.



Everyone has a pause button to help them think.



You push the pause button when
you want to say
"What if....."

Where is your pause button?

Chapter 3 I forgot

Sometimes we forget to push our pause button.

Pushing the pause button helps us think before doing something that might not be a good choice. It also helps us with our big feelings.

This time I _____ next time I will push the pause button and think
