

# S.T.A.R

*It's time to pause and notice how we are feeling!*

S - stop what you are doing, think about the emotion you are feeling

T - trace your finger around some of the star breathing in and out

A - and pause, where in your body are you feeling that emotion, give it a colour, talk about how that emotion is making you feel in your mind and body

R - repeat tracing your finger around the rest of star while thinking about the opposite emotion. Talk about how you are feeling now.

