

Lesson Plan:

Pause • Breathe • Meditate (Pray) • Choose

The activity is directly connected to **children's mental health** because it helps emotional regulation before behavior correction. Best used during moments of transitions, heightened emotions, conflict, daily routine. Only takes 5-15 minutes of instructional time.

Purpose (Empower Alignment)

Students learn to:

- Recognize emotional escalation early
- Calm their bodies and minds
- Meditate or invite God into decision-making – Depending on school setting
- Choose healthy, respectful responses

This activity reinforces Empower Schools' emphasis on **self-regulation, prevention, and (spiritual) grounding**.

Adaptations by Age

- **K–2:** Use finger to trace their breathing
 - **3–5:** Role-play scenarios
 - **6–12:** Journal and discuss real-life applications
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Scripture Foundation (Optional)

“Be quick to listen, slow to speak, and slow to become angry.”
— James 1:19


Lesson Objective

Students will:

- Reflect on emotions and experiences in a structured way
 - Practice self-awareness, emotional regulation, and problem-solving
 - Identify one small, positive behavior change they can apply
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Educator Preparation

Before the lesson, decide on the **context for reflection**, such as:

- A recent classroom conflict
 - A lesson about kindness, respect, or self-control
 - A transition after recess or lunch
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Lesson Steps

Teach the 4-Step Framework (3 minutes)

Explain the steps clearly:

- **Pause** – Stop what you are doing
 - **Breathe** – Take 3 slow breaths
 - **Meditate (Pray)** – Reflect or pray on how to respond. – Depending on school setting
 - **Choose** – Make a wise, respectful choice
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Guided Reflection (7–10 minutes)

Read each question slowly, allowing time for reflection.

Educator prompts:

- Lead students through a conflict scenario
- Discuss a stressful exam or an upcoming transition
- “Imagine you feel frustrated or upset.”

Students practice:

- Stopping their body
 - Breathing slowly
 - Meditate by counting backwards. - Adaptation: Say a short prayer silent or out loud.
 - Naming a healthy choice
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Reflection & Application

Educator says:

“When could you use this today?” or “Which step helps you the most?”

Students may respond verbally, in writing, or silently.

Mental Health Benefits

- ✓ Reduces impulsive behavior
 - ✓ Supports anxiety and stress management
 - ✓ Builds lifelong coping skills
 - ✓ Reinforces spiritual regulation tools
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How am I feeling?



What healthy choices can I make today?

