

**Pause  
Breathe  
Smile**



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# **Pause Breathe Smile for New Entrants to Year 2**

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# Pause Breathe Smile for New Entrants to Year 2

**If you're implementing Pause Breathe Smile with young learners, here's a simple, practice-centred approach to mindfulness.** Rather than trying to deliver the full contents as found in the Pause Breathe Smile Educator Handbook, this variation for the youngest learners focuses on simple children's books, brief recorded mindfulness practices, and simple mindful movements.

Sharing mindfulness in this way serves to introduce the major themes of Pause Breathe Smile – **attention regulation, emotion regulation, kindness, and interconnection** – which build and deepen as children encounter and experience them as they mature.

This method of delivering Pause Breathe Smile with children in new entrant, year 1, and year 2 classes meets children at a developmentally appropriate level for their attention spans and comprehension levels.

To share the programme with your tamariki, whenever you read a book, open a conversation with your ākonga using the discussion questions included in each section and do a mindful movement and short guided audio practice together. On the days when you're not reading a book, try to keep up with some daily mindfulness practice, such as playing an audio track or leading a mindful movement or both.



## A note on Mindful Movements

The following list of mindful movements can be used to accompany any of the themes explored in this resource. It is suggested that you do one or more of these after reading the book together and before the guided audio practice for that day.

Visit the **Members Section** of the Pause Breathe Smile website and click on the “Mindful Movements” video in the Classroom Practices section.<sup>1</sup> Here you'll find demonstrations of the following mindful movements along with tips for leading them in your classroom. The numbers below are the timestamps in the video so that you can locate the specific movement being demonstrated:

Lego Hands, 0:00

Liquorice Roll, 6:25

Dancing Like Seaweed, 2:40

The Digger, 10:20

Breathing with the Elephants, 4:40

Overhead Breathing, 14:50

Giraffe Breathing, 5:50

Remember that any movement is a mindful movement when it's done with kindness and curiosity! Feel free to get creative.

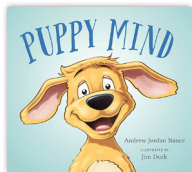
<sup>1</sup> Please note that the mindful movement instructional video is intended for you to learn the movements and then lead them yourself in the classroom. It is not intended as a video to be played directly in the classroom.

## Pause Breathe Smile mindfulness theme one: Strengthening Attention

The foundation of good mindfulness practice is to begin with activities to help to strengthen and regulate attention. In other words, we want to help ākonga to be able to place their attention on an object of focus, such as one's own breathing, and to return the attention to the breath whenever they become distracted by something else. In this way, over time, and with practice, the ability to pay attention is strengthened.

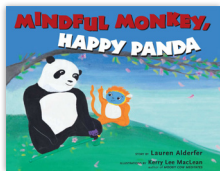
The following booklist, along with the suggested mindful movements listed above, and guided audio mindfulness practices listed below, are all designed to help with strengthening attention.

### **Puppy Mind by Andrew Jordan Nance and Jim Durk (Illustrator)**



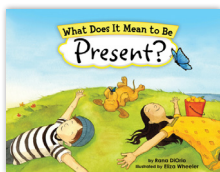
A young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to heel to the present moment. Through remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a discussion guide for parents and teachers.

### **Mindful Monkey, Happy Panda by Lauren Alderfer and Kerry Lee MacLean (Illustrator)**



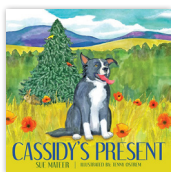
As the story begins, Monkey is not so mindful – his Monkey Mind constantly jumping from one thing to another – but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers.

### **What Does It Mean To Be Present? by Rana DiOrio and Eliza Wheeler (Illustrator)**



What does being present look like? Noticing when someone in your class needs help and taking the time to help them. Sound like? The rain outside your window. Smell like? Briny seaweed at the beach. Taste like? A bite of orange. Feel like? Allowing the rhythm of your breath, in and out ... to make you feel peaceful. Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present.

### **Cassidy's Present by Sue Mateer and Tenny Ostrem (Illustrator)**



Cassidy is a playful pup who likes the smell of flowers, the feel of the warm sun, and the taste of a snowflake on her tongue. Her human friends, Anna and Charlie, seem too distracted by the cares and concerns of their everyday life to join Cassidy as she frolics through the seasons. Follow Cassidy's friends as they slowly learn to appreciate the present moment and everything it has to offer.

### **The Lemonade Hurricane: A Story of Mindfulness and Meditation by Licia Morelli and Jennifer Morris (Illustrator)**



Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry. A great introduction to mindfulness for young readers, presented in a captivating story.

### **Alphabreaths: The ABCs of Mindful Breathing by Christopher Willard (Author), Daniel Rechtschaffen MA (Author), and Holly Clifton-Brown (Illustrator)**



Simple and playful breathing exercises are paired with each letter in the alphabet in this delightful book. Breaths like Mountain Breath and Redwood Breath help children imaginatively connect with nature, while other breaths cultivate peace, kindness, and gratitude.

## **Optional**

After reading the book with your class, start a discussion with your tamariki with one of the following questions (or with one that you come up with or that emerges from the specific book you've read).

- "Is it hard for you to pay attention sometimes? Why?"
- "What things help you to pay attention?"
- "If your mind gets very distracted and busy, what can you do to help yourself?"

Now lead one or more of the mindful movements listed above, before playing one of the guided audio practices below. Alternatively, move straight into playing one of the guided audio practices.

## **Guided Audio Mindfulness Practices to help with the theme of strengthening attention**

### **Here In This Body**

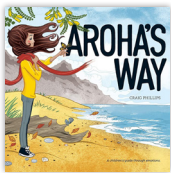
### **Strengthening Attention**

## Pause Breathe Smile mindfulness theme two: Understanding Emotions

These books and accompanying guided mindfulness audio practices have been selected as they relate well to the core Pause Breathe Smile theme of emotion regulation<sup>2</sup>, which involves four key skills to be developed over time and with practice:

1. Naming the emotion that is present
2. Accepting the emotion for what it is (“it is ok to feel this way...”)
3. Responding mindfully to calm the physical sensations of the emotion (e.g., dropping anchor with mindful breathing)
4. Noticing how emotions change and pass

### Aroha’s Way: A Children’s Guide Through Emotions by Rebekah Lipp and Craig Phillips.



This book takes children on a journey through emotions associated with anxiety and shows simple yet effective ways to help manage them. Parents’/Teachers’ notes at the back included to expand on the story’s tools.

### Let It Go - Emotions are energy in motion by Rebekah Lipp and Craig Phillips.



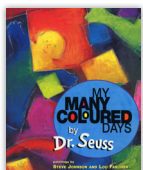
This book encourages children to explore what emotions feel like. Aroha and her friends navigate their way through four key emotions: shame, anger, sadness, and fear. The story lets children know they are not alone and gives them strategies allowing them to feel empowered if they experience these feelings.

### Calm with the Very Hungry Caterpillar by Eric Carle.



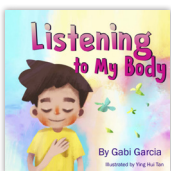
Featuring the beautiful, contemplative artwork of The Very Hungry Caterpillar creator Eric Carle, this little book will help guide you to relax and calm your monkey mind.

### My Many Coloured Days by Dr. Seuss.



Using a spectrum of vibrant colours and a menagerie of animals, this unique book does for the range of human moods and emotions what Oh, the Places You’ll Go! does for the human life cycle.

### Listening to My Body by Gabi Garcia.



An engaging and interactive book that introduces children to the practice of listening to their bodies. Through a combination of story and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them, while helping them build on their capacity to engage mindfully, self-regulate, and develop a better sense of well-being.

<sup>2</sup> Refer to the Pause Breathe Smile Educator Handbook, Lesson Four, for more about emotion regulation.

### **The Boy with Big, Big Feelings** by Britney Winn Lee and Jacob Souva (Illustrator).



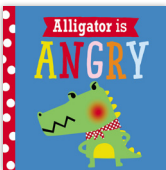
In this sweet narrative, readers will meet a boy with a big heart whose feelings glow from his face, spill out of his eyes, and jump up and down on his chest. This book helps normalise feeling big feelings.

### **Let's Get Along: It's Great To Keep Calm** by Jordan Collins.



Part of the Let's Get Along! series, this picture book is designed to teach children about appropriate behaviour while enjoying a fun, heart-warming story. What does it mean to be kind, to share, to stay calm, and to use teamwork? Features a spread of information for parents and educators, which provides an opportunity to build on the issues presented in the book.

### **Alligator is Angry** by Rosie Greening and Dawn Machell (Illustrator).



When Bear takes Alligator's paint, Alligator begins to feel angry.

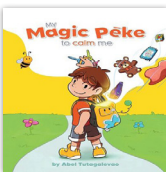
At the back of the book, there are questions about the story, to encourage and seed discussion with children about these themes.

### **Breathe With Me: Using Breath to Look After My Tinana, Hinengaro, and Wairua** by Abel Junior Tutagalevao and Renee Mariner-Solomon (Illustrator)



This book uses Māori stories and Te Ao Māori principles to help children connect with their breathing and their emotions throughout the day. In addition to the stories and supporting art, there are NZ sign language terms and some optional accompanying activities/reflections for breathing and wellbeing with young learners.

### **My Magic Pēke to Calm Me** by Abel Junio Tutagalevao



This book encourages children to come up with objects and simple actions they can reach for when they are feeling scared, worried, overwhelmed, annoyed, bored, or angry. It playfully provides child-friendly ideas for how to calm back down into their green zone using simple tools in their pēke.

## **Optional**

After reading the book with your class, start a discussion with your tamariki with one of the following questions (or with one that you come up with or that emerges from the specific book you've read).

- "How are you feeling right now and how does it feel inside your body?"
- "If you feel upset, what kinds of things can you do to help yourself feel better?"
- "What colour or shape is the feeling of anger? Of calm? Of joy? Of sadness?"

Now lead one or more of the mindful movements listed above, before playing one of the guided audio practices below. Alternatively, move straight into playing one of the guided audio practices.

## **Guided Audio Mindfulness Practices to help with the theme of Understanding Emotions**

**Dropping Anchor**

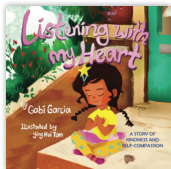
**Filling the Balloon**



## Pause Breathe Smile mindfulness theme three: Being Kind

These books and guided audio practices are intended to strengthen young learners' capacity to be kind to one another and to themselves. While we don't need science to tell us the value of kindness, it is fascinating to learn that researchers have found that loving-kindness practice generates green zone emotions, which increases vagal tone (vagal tone is the main activity of the vagus nerve). In turn, increased vagal tone inspires even more green zone emotions, creating a positive feedback loop that researchers have coined "upward spirals of the heart."<sup>3</sup>

### Listening with my heart: A story of kindness and self-compassion by Gabi Garcia and Ying Hui Tan (Illustrator).



When Esperanza finds a heart-shaped rock, she sees it as a reminder to spread kindness and love in the world. But when the school play doesn't go the way she'd imagined, will she remember to give it to herself? *Listening with My Heart* reminds us of the importance of being friends to ourselves! A beautifully illustrated book that touches on the universal themes of friendship, empathy and self-acceptance.

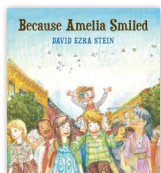
### My New Best Friend by Sara Marlowe and Ivette Salom (Illustrator)



When people we care about are having a hard time, we usually treat them with kindness and understanding—yet when we are the ones having a hard time, we are often quick to be unkind. We may get angry and impatient with ourselves, even calling ourselves nasty names.

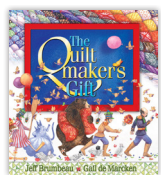
This book invites children to break free of this pattern of "inner bullying," helping them treat themselves with kindness and understanding—laying the groundwork for emotional resilience, self-compassion, and positive self-esteem.

### Because Amelia Smiled by David Ezra Stein.



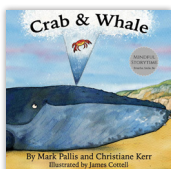
Because Amelia smiles as she skips down the street, her neighbour Mrs. Higgins smiles too, and decides to send a care package of cookies to her grandson Lionel in Mexico. The cookies give Lionel an idea, and his idea inspires a student, who in turn inspires a ballet troupe in England! And so the good feelings that started with Amelia's smile make their way around the world. Putting a unique spin on "what goes around comes around," this story reminds us that adding even a small dose of kindness into the world is sure to spur more and more kindness, which could eventually make its way back to you!

### The Quiltmaker's Gift by Jeff Brumbeau and Gail de Marcken (Illustrator).



When a generous quiltmaker finally agrees to make a quilt for a greedy king but only under certain conditions, she causes him to undergo a change of heart.

### Crab and Whale: a new way to introduce mindfulness for kids by Mark Pallis and Christiane Kerr.



How can a tiny crab help a big, beached whale? This charming and heart-warming story is the first book in the Mindful Storytime series.

<sup>3</sup> Refer to the Pause Breathe Smile Educator Handbook, Lesson Six, for more about the science of kindness, and Lesson One for information about red zone versus green zone emotions.

## **I Am Love: A Book of Compassion by Susan Verde and Peter H. Reynolds.**



Love means showing kindness, living with gratitude, and taking care of our minds and bodies. Letting our hearts lead the way can help move us closer to a better world. This book asks readers to look inward when they feel afraid, angry, hurt, or sad. When a storm is brewing inside us and the skies grow dark, the transformative power of love lets the light back in.

## **May All People and Pigs Be Happy by Micki Fine Pavlicek and John Pavlicek (Illustrator).**



Pigalina teaches Claire the loving-kindness meditation to help Claire embrace the world with compassion and caring. This book follows seven-year-old Claire and her stuffed animal Pigalina, from whom Claire learns a simple meditation that helps her to feel kinder toward herself and spread caring and love to others. The loving-kindness meditation can be practiced by anyone regardless of religion to cultivate loving presence, friendship, tenderness, and love.

## **The Gubyllub by Lisa Hamilton-Gibbs.**



The Gubyllub gently navigates the serious topic of bullying and the impact of unkind words through a lighthearted but meaningful lens designed to capture children's imaginations.

### **Optional**

After reading the book with your class, start a discussion with your tamariki with one of the following questions (or with one that you come up with or that emerges from the specific book you've read).

- "Has someone done something kind for you lately? What was it and how did it make you feel?"
- "What is something kind that you have done?"
- "What does being kind feel like?"

Now lead one or more of the mindful movements listed above, before playing one of the guided audio practices below. Alternatively, move straight into playing one of the guided audio practices.

### **Guided Audio Mindfulness Practices to help with the theme of Being Kind**

#### **Happy Heart for Young Learners**

#### **Kindness**

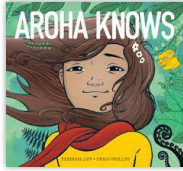


## Pause Breathe Smile mindfulness theme four: Everything Is Connected

Fostering a sense of connection with nature has been shown to reduce stress and symptoms of depression, while increasing positive emotions. Mindfulness has been shown to be an effective practice for increasing a person's sense of connection with the natural world.<sup>4</sup>

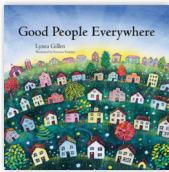
These books and guided mindfulness audios are intended to help foster learners' sense of connection to the wider web of life.

### **Aroha Knows** by Rebekah Lipp and Craig Phillips



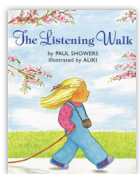
Aroha knows that nature is there for you and for me. Spending time out in nature makes her feel all kinds of wonderful emotions. Throughout Aroha Knows, Aroha and her friends experience our amazing world and this picture book explores how it can benefit our wellbeing.

### **Good People Everywhere** by Lynea Gillen and Kristina Swarner (Illustrator)



A colorful picture book that will warm the hearts of children and adults alike, each of its pages contain endearing examples and vibrant illustrations to inspire children to grow into grateful, caring, and giving people. It provides a wonderful way to calm children before sleep, ease their fears, and help them develop an appreciation for good work. Also included are activity pages to help children practice skills for creating gratitude, compassion, and beauty in daily life.

### **The Listening Walk** by Paul Showers and Alike (Illustrator)



The Listening Walk will remind both adults and kids of the wonders all around them...if they slow down and listen.

Put on your socks and shoes--and don't forget your ears! We're going on a listening walk. Shhhhh. Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds.

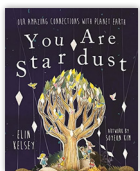
A little girl and her father take a quiet walk and identify the sounds around them. Soon the girl discovers an extraordinary world of sounds in her everyday environment.

### **Here and Now** by Julia Denos and E. B. Goodale (Illustrator)



Explore identity and connection, inspire curiosity, and prompt engaging discussions about the here and now.

### **You are Stardust** by Elin Kelsey and Soyeon Kim (Illustrator)



From the water we drink to the trees we climb, we are connected to the natural world in big and surprising ways. Children will learn that the salt in their body is the same as the salt in the ocean, that they learned to speak in the same way that baby birds do. In a world dominated by technology, never have these connections between people and nature been more worth exploring.

4 From the introduction to Lesson Seven of the Pause Breathe Smile Educator's Handbook.

## **Optional**

After reading the book with your class, start a discussion with your tamariki with one of the following questions (or with one that you come up with or that emerges from the specific book you've read).

- "What do we need to stay alive? And how do we get those things?" (Air, water, food, housing, love, etc.)
- "Where does the air we breathe come from? (Plants) Can you think of other things the earth gives us to keep us happy and healthy?"

## **Guided Audio Mindfulness Practices to help with the theme of Everything is Connected**

**Breathing with the Green Plants for Young Learners**

**Here In This Body**