



FLOURISH · RESTORATION

YEAR 6

Pause, breathe, choose

Using a four-step pause to choose a response
before reacting.

#regulation

#patience

#self-control

#peace





What happens in the gap between feeling it and doing something?

You can always pass, write your answer privately, or use a made-up example.



 EXPLORE

 PRACTISE

 REFLECT



James 1:19–20

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

James 1:19–20, New International Version (NIV)

CHRISTIAN CONNECTION

Strong feelings are not sins to hide. Being slow to speak is a practice, learned over time, that lets a person answer a moment instead of being run by it.



CONNECT



EXPLORE



PRACTISE



REFLECT



What can we actually see Rowan do?

Sort the cards into a steady pause and a straight-to-reaction move.

1 Chose a calm sentence, then spoke

3 Walked off mid-sentence

5 Snapped back before thinking

Name the feeling in one word, then write a 10-second calm response.

2 Stopped and took one slow breath before speaking

4 Named the feeling: this is frustration

6 Said the first sharp thing that came

Test each card: did a pause come before the words?



CONNECT



EXPLORE



PRACTISE



REFLECT



“Next time I feel that heat, I will ...”

Write this one privately — you don't have to share it.

TAKEAWAY

A feeling arrives on its own; the response is still chosen.



CONNECT



EXPLORE



PRACTISE



REFLECT