

FAMILY DISCUSSION GUIDE

THINK BEFORE YOU ACT

HELPING KIDS PAUSE AND CONSIDER

The pause is where good judgment lives. A small moment now can make a big difference later.

WHAT'S HAPPENING?

When you feel an urge, take a pause and picture what might happen next.

PAUSE.



PICTURE



CHOOSE



LET'S TALK ABOUT IT

- 1 What does "think before you act" mean?
- 2 Why do you think the pause can be hard sometimes?
- 3 What might help you remember to pause?
- 4 How can thinking before acting help you and others?
- 5 Tell about a time you paused and made a good choice!

QUICK CHOICE MIGHT LEAD TO...



Regret, problems, hurt feelings

THOUGHTFUL CHOICE CAN LEAD TO...



Good outcomes, proud moments, stronger relationships

TRY IT TOGETHER: ACTIVITIES BY AGE

3-5 YEARS

- **WHAT HAPPENS NEXT?**
Read stories and guess what might happen.
- **STOP AND GO GAMES**
Freeze games and Simon Says build the pause.

6-8 YEARS

- **PRESS PAUSE**
Use a pause button gesture to stop and think.
- **IF, THEN**
Play "If I do this, then what might happen?"

9-12 YEARS

- **PLAY IT FORWARD**
Imagine how it plays out a step or two ahead.
- **REPLAY AND REWIND**
Afterward, replay it and find a better choice.

TRY THIS!

Pick a playful "pause button" gesture together. Next time an urge strikes, press pause out loud before anyone acts. You are turning an invisible mental skill into something your child can actually see and do.

KINDNESS CONNECTION

Thinking before you act helps you choose kind actions. A pause can prevent hurt and create good.

FAMILY CHALLENGE

This week, let's each press pause at least once a day. At dinner, share how it went!



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Understanding minds.



Strengthening connections.