

# PUDSEY'S PAUSE



**PAUSE**



**SPOT**




**SHARE**

**PAUSE**, breathe, and  
focus on something you  
can see, hear or touch

**SPOT** any feelings you  
notice - and where you  
feel them in your body

**SHARE** the feelings  
you've noticed with a  
grownup you trust



**Give your mental  
healthiness a boost  
with Pudsey's Pause**