

# A PEACEFUL

---

# PAUSE

**Nicola Unite**

**Educator, Facilitator, Psychotherapist**

# A PEACEFUL PAUSE

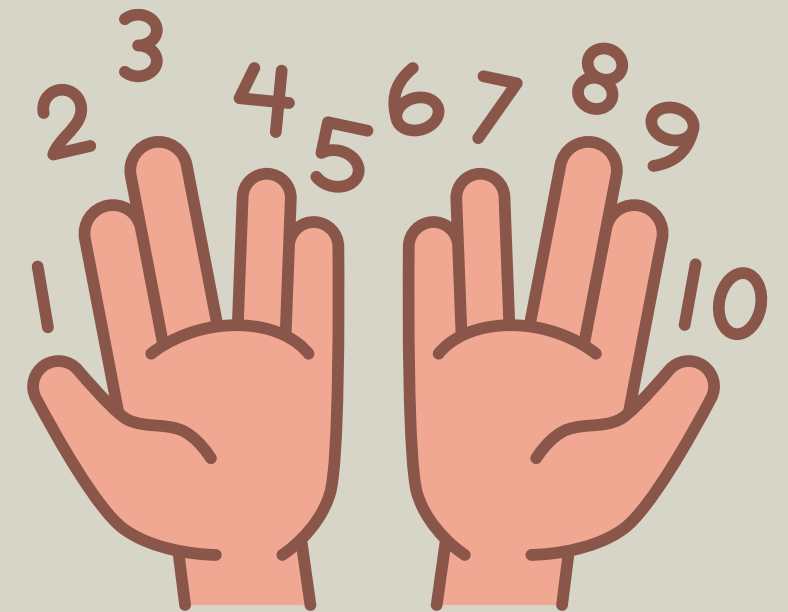
---

 *LET'S CHECK IN*

 *HOW DO YOU FEEL RIGHT NOW?*



 *GIVE YOURSELF A NUMBER OUT OF 10*



 *LET'S TAKE A BREATH...*

# A PEACEFUL PAUSE

---



*BREATHE IN THROUGH YOUR NOSE*



*BREATHE OUT THROUGH YOUR MOUTH*



# A PEACEFUL PAUSE

---

*HOW DO YOU FEEL NOW?*



*GIVE YOURSELF A NUMBER OUT OF 10*



# A PEACEFUL PAUSE

---

*IMAGINE DOING THAT WITH YOUR  
WHOLE SCHOOL EVERY DAY*

# A PEACEFUL PAUSE

---

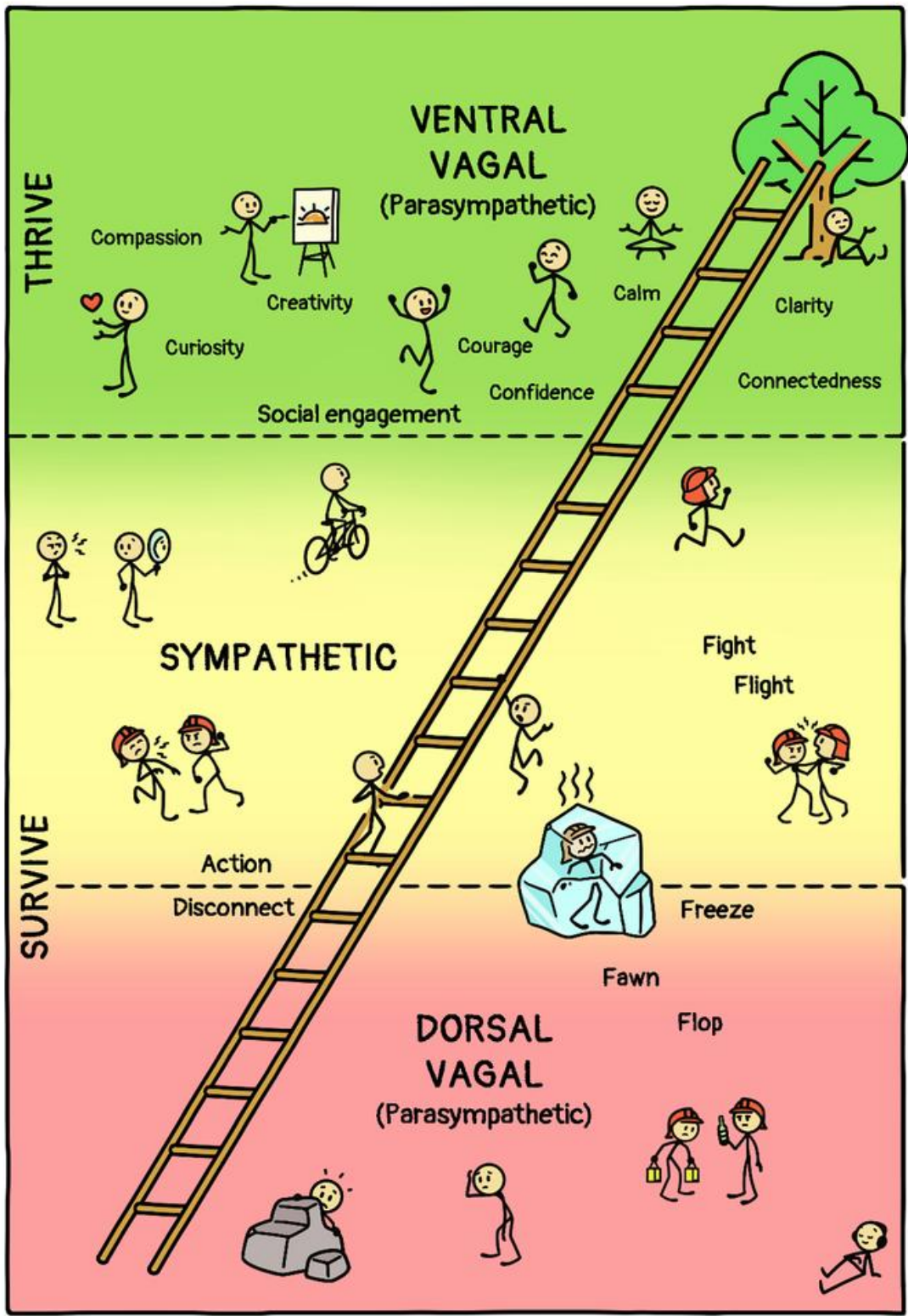
*"To pause before responding to important matters and choices gives us one more chance to be in-charge, rather than be in-trouble"*

*Doc Childre (Heart Math Institute)*

# WHAT DOES THE ENERGY FEEL LIKE INSIDE YOUR SCHOOL?



# THE NERVOUS SYSTEM



PLAYFULLY DOODLED AND REINTERPRETED BY NATASHA WILSON, AND CRYSTALLISED BY MADE WIRAWAN.  
WITH MUCH GRATITUDE TO DEB DANA, DICK SCHWARTZ AND THE IFS COMMUNITY

CONNECTED

FIGHT/FLIGHT

COLLAPSE

# WHAT'S THE PROBLEM ?

- Schools are very busy - places of high energy and stress.
- We don't always have the space or permission to pause, nor the awareness that we need to.
- There's often a collective belief that there is 'no time' to stop.
- With increasing technology, we are becoming increasingly disconnected.



# WHAT'S THE SOLUTION ?

- Create an intentional pause
- Where the entire school community stops
- Where everyone shares in a collective BREATH
- To co-regulate individual nervous systems
- To regulate the collective nervous system
- To **CONNECT**



**WHAT COULD THAT LOOK LIKE?**

# THE ‘MINDFUL GONG’ AT GREEN SCHOOL, BALI

---

# THE POWER OF PAUSING



Extending our exhales intentionally shows our nervous systems that it is safe to relax.



It activates the parasympathetic nervous system - our Rest and Digest mode - and slows the heart rate down.



Intentionally stopping what we are doing disconnects us from the stimulating external environment.



This allows cortisol levels to lower - reducing stress and increasing a sense of well-being

# HOW DO WE KNOW THE IMPACT OF THIS HACK?



We asked our  
staff and  
students

# WHAT STUDENTS HAVE SAID...

**“When I was overwhelmed, the sound really helped me because I was stressed by all the noise the kids were making. It helped me deal with my overload.”**

**“It felt like we were a part of something unique and special”**

**“I liked the tradition of having a little moment all together”**

**“I thought it was low-key useful”**

**“I actually looked forward to it - it was a quick break from schoolwork - bonus! But it was nice that the whole school was quiet together”**

**“It was relaxing and brought the whole school together, but not like an assembly”**

# WHAT STAFF HAVE SAID...

**“I found students could quickly get present with their surroundings and have a moment to check in with themselves”**

**“It really changed the energy of the classroom - that was surprising to see”**

**“It saved me from having an all out fight with a photocopier - on many occasions!”**

**“It was a sense of calm amidst the constant movement of school life”**

# CONNECTION

# BUT HOW??

## (YOU MIGHT BE ASKING)

- we don't have a gong!
- we don't live in Bali!
- we don't have a gong ringer!
- staff won't get on board!
- students won't get on board!
- we don't have the time!

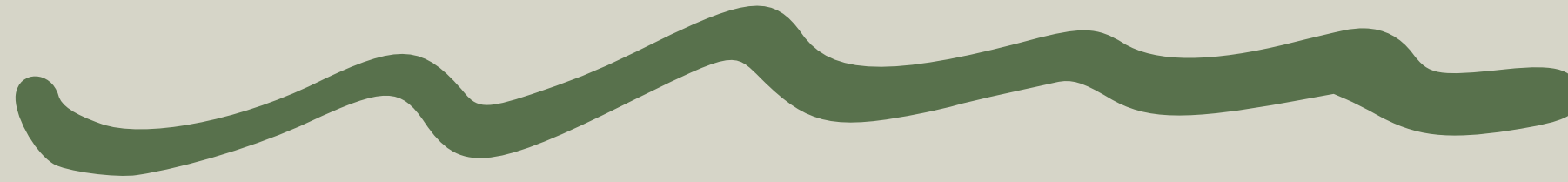


# A 'PEACEFUL PAUSE' IS EASIER THAN YOU MIGHT THINK...

- choose a time of day
- choose a sound
- choose a sound system
- choose how many breaths
- model it
- ask *everyone* to have a go
- notice what happens



# Let's take THREE collective breaths together



I invite you to notice what happens

**TO YOURSELF**

and to the space around you



# Thank You