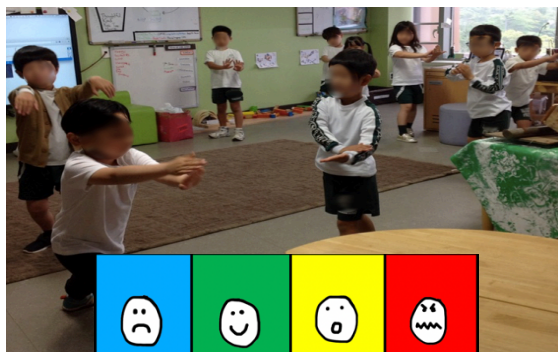


# PAUSE

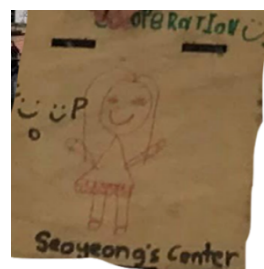
## Pause to Connect

A routine to build connection with self and others

1. Take a pause to  and breathe until you are present.



2. Connect with your personal values.



3. Connect with your classroom community values.

### Our Community Values Creation

