

Name _____

Date _____

Teaching Others to **STOP**

Directions: Review the STOP acronym. Below, write the steps in your own words and draw your own pictures. Then teach the method to someone else!

S – Stop where you are and whatever you are doing. Bring your attention to the present moment.



T – Take and feel three deep, slow breaths.



O – Observe your surroundings. What do you hear, see, or touch?



P – Proceed with what you were doing, with attention and care.



S _____

T _____

O _____

P _____