

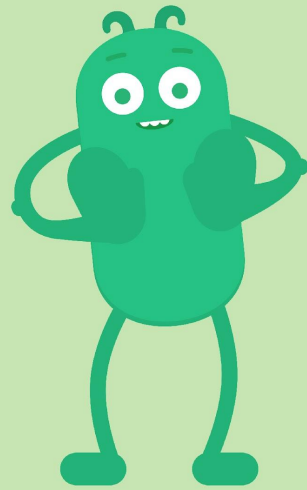


MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

DIGITAL CITIZENSHIP | GRADE K

# Pause for People



PAUSE

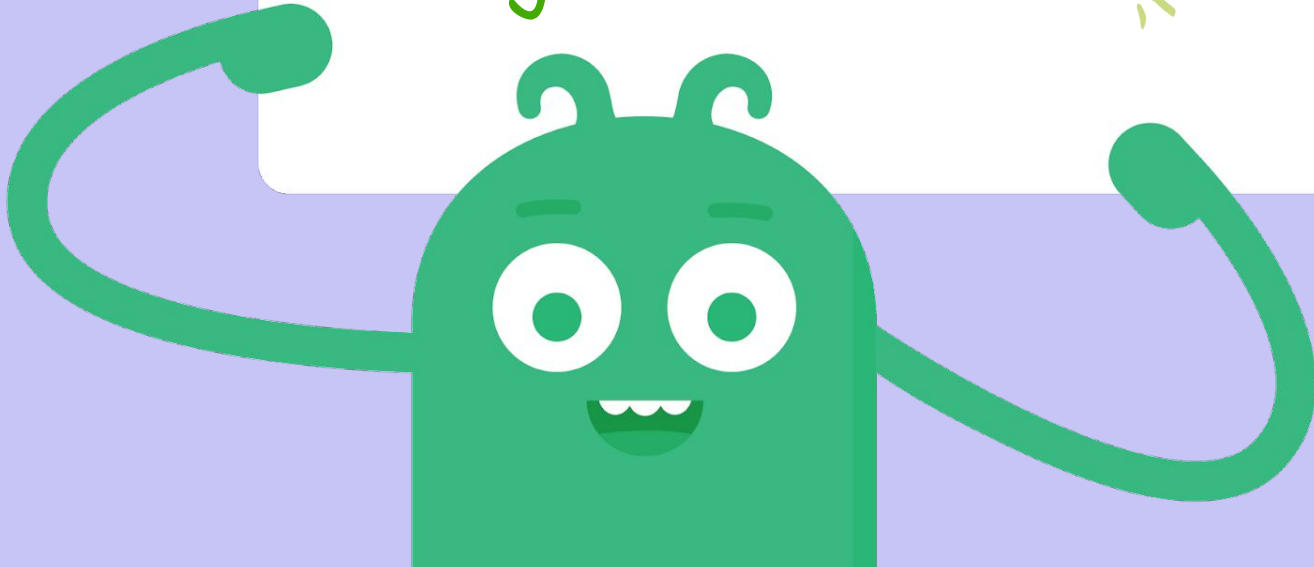


BREATHE



FINISH UP!

How do you say  
goodbye to technology when  
you don't want to?



# Why is it important to pause your device when someone is speaking to you?

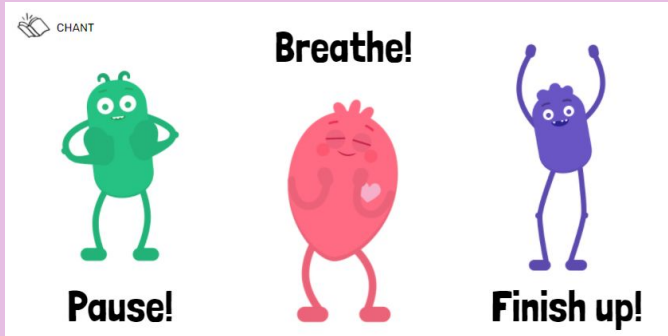
- To be respectful and kind
- Someone may want to tell you something important
- Someone wants to know you are listening to them
- You may have something important to do (eat dinner, go somewhere)



WATCH

Here's a strategy to try if you feel yourself getting stressed when it's time to put away your device:

- **Pause!** (hold hands out like you are backing up)
- **Breathe!** (sweep hands up chest)
- **Finish up!** (wave goodbye with both hands)



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