Children's / Mindfulness Ages 4-8

Sileo

Sometimes we just need to take a *pause*—to stop, breathe, and take a moment for ourselves. To be mindful.

Told in rhyming verse and beautifully illustrated, *A World of Pausabilities* is an inviting introduction to mindfulness. Following a neighborhood on a summer day, readers will learn how to apply mindfulness to simple, everyday moments, and how days are filled with endless possibilities to take a pause.

Includes a **Note to Parents and Caregivers** that further discusses mindfulness and ways to introduce pauses into your child's life.



a world of PausaBilitiES



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WRITTEN BY Frank J. Sileo illustrated By JEnniFer Zive

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An Exercise in Mindfulness

To my dear friend Sandy. Thank you for introducing me to the world of mindfulness -FJSFor Olivia & Elyse, James & Fulton, and Allie & Owen-JZ

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Do you know what a Pausability is?

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A pausability is taking a *pause* just for you, to stop and notice what you feel, think, and do.

A pause is being in the moment and giving yourself a break. There's no wrong way to pause so it's hard to make a mistake.

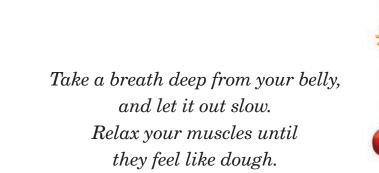
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Some pauses are silent, while some keep you moving. Pauses should be calming, so things can start improving.

Come let's explore a world of pausabilities!





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Have something yummy and healthy to eat. Notice the flavor; is it salty, or sweet?





Let the rays of the sun warm your body and face. Take time to slow down, there's no reason to race.

Go outside and take a walk. Listen to silence; try not to talk.

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