A Quiet Pause

Requirement(s) 4



Gear up! Crayons, your adult partner, and a comfortable place to sit.

Try two ways to rest. Your adult partner can read these ideas. Keep your eyes open or closed, as you prefer.

1. **Relax your hands.** Sit comfortably. Let your shoulders and hands rest. Breathe normally during a short quiet pause. No breath-holding is needed.

2. **Listen or look quietly.** Listen while your partner gently describes a calm, familiar place. Or quietly look at a comfortable spot nearby.

Try each method for about a minute. You may adjust your position or stop if you are uncomfortable. You do not need to fall asleep.

Draw a place where you can rest comfortably.

Tell your adult partner which resting method felt comfortable. Try that method once more.

◯ I practiced ways to rest, not just talked about them.

Original local activity worksheet - not an official Scouting America publication.