***Pause and Ponder* (Elementary)**

Have you and a friend ever had an argument, and you said or did something you wish you hadn't? Have you ever been so mad that you couldn't think clearly? When you have disagreements and big feelings, you can use the strategy ***pause and ponder*** to help you think about what you want to say or do instead of reacting in a way that would make things worse. Remember that we can't control others but we can control our own attitudes, our words, our actions, and our effort.

When you ***pause and ponder***, you know that you are in a conflict, and you make the decision not to react immediately. Instead, you pause and remove yourself from the situation by saying phrases like "I need to think about this for a minute" or "Let's talk about this later." When you ***pause and ponder***, you give yourself time to respond effectively instead of immediately reacting to the situation.

It's important to ***pause and ponder*** when **we** have big feelings like anger or frustration. It's also important to ***pause and ponder*** when you notice **the other person** experiencing those emotions. The next time you are in a conflict with someone, remember to ***pause and ponder*** and give yourself time to think through what you want to say and do.