Pause and play

Pack 2 - Little Routines

Pick a card to choose how to join in.



move



watch



listen



breathe gently



rest



try again



ask for help



choose again

Cut along the dashed lines, or keep the sheet whole. Let the child choose which card to use.

Adult guide: Pause and play

Pack 2 - Little Routines

How to play

1. Offer the cards as choices, not instructions or rewards.
2. Practise a calm pause together if the child wants one.
3. Allow movement, quiet, watching or a break without judgement.
4. Return to play when the child is ready; do not force breathing.

Make it accessible

Offer one instruction at a time and model it with the child.

Use a quiet space, shorter turns and predictable choices.

The child can watch, move, speak, sign or opt out.

Avoid timers, public scoring, pressure or forced eye contact.

These are optional play ideas, not ADHD diagnosis or treatment. Supervise movement and cutting.