

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

# a world of PAUSABILITIES

An Exercise in Mindfulness

WRITTEN BY  
FRANK J. SILEO  
ILLUSTRATED BY  
JENNIFER ZIVOIN

Magination Press



Magination Press

Published by the American Psychological Association  
www.apa.org/pubs/magination

SAMPLE PAGES - NOT FOR DISTRIBUTION  
© American Psychological Association



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

Text copyright © 2017 by Magination Press, an imprint of the American Psychological Association.  
Illustrations copyright © 2017 by Jennifer Zivoiu. All rights reserved. Except as permitted under the  
United States Copyright Act of 1976, no part of this publication may be reproduced or distributed  
in any form or by any means, or stored in a database or retrieval system, without the prior written  
permission of the publisher.

Published by  
MAGINATION PRESS®  
An Educational Publishing Foundation Book  
American Psychological Association  
750 First Street NE  
Washington, DC 20002

Magination Press is a registered trademark of the American Psychological Association.

For more information about our books, including a complete catalog, please write to us,  
call 1-800-374-2721, or visit our website at [www.apa.org/pubs/magination](http://www.apa.org/pubs/magination).

Book design by Gwen Grafft  
Printed by Lake Book Manufacturing Inc., Melrose Park, IL

Library of Congress Cataloging-in-Publication Data


Names: Sileo, Frank J., 1967- author. | Zivoiu, Jennifer, illustrator.  
Title: A world of pausabilities : an exercise in mindfulness / by Frank J.  
Sileo ; illustrated by Jennifer Zivoiu.  
Description: Washington, DC : Magination Press, [2017] | "American  
Psychological Association." | Summary: "Children (and adults) live in a  
fast-paced, demanding and stressful world. It is often difficult to  
slow-down our children's minds and bodies. This book was written to teach  
children to take a pause in their lives, to stop activity, to understand  
quiet time, and to think about what they are doing and where they are  
going"—Provided by publisher.  
Identifiers: LCCN 2016012101 | ISBN 9781433823237 (hardcover) |  
ISBN 1433823233 (hardcover)  
Subjects: | CYAC: Stories in rhyme. | Mindfulness (Psychology)—Fiction.  
Classification: LCC PZ8.3.S58254 Wo 2017 | DDC [E]—dc23 LC record  
available at <https://lccn.loc.gov/2016012101>

Manufactured in the United States of America  
10 9 8 7 6 5 4 3 2 1



Do you know what a Pausability is?





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.





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!





*Take a breath deep from your belly,  
and let it out slow.  
Relax your muscles until  
they feel like dough.*

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







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

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