


# Quiet Half-Hour One-Page Summary

Once you are familiar with the full guidance, feel free to print this shorter version and laminate it to use often. Then use its prompts as reminders of the steps in the full guidance and say them fully in your own words. To be trauma-informed, say them not as orders, but as optional invitations.

| Step  |  Approx. Minutes | ~ Running Total |
|---|---|-----------------|
| <b>[INTRODUCTION]</b> Welcome, Interpretation? Benefits of this         | 2   | 2               |
| <b>[AGREEMENTS]</b> Detach from devices, maintain quiet, Questions?     | 2   | 4               |
| <b>[GET COMFORTABLE]</b> Can move, rest hands/feet on ground, relax     | 2   | 6               |
| <b>[CENTER]</b> Let everything else pause, rest here and now            | 2   | 8               |
| <b>[BREATHE]</b> Maybe extend exhale, in 1, 2, 3, out 1, 2, 3, 4, 5     | 2   | 10              |
| <b>[NOTICE–FEELING]</b> Seat or ground, natural things beside you       | 2   | 12              |
| <b>[NOTICE–SEEING]</b> Colors, objects, near, far                       | 2   | 14              |
| <b>[NOTICE–HEARING]</b> Main sounds, quieter sounds, quiet              | 2   | 16              |
| <b>[NOTICE–SMELLING]</b> Overall scent, individual natural things       | 2   | 18              |
| <b>[NOTICE–IT ALL]</b> For a longer time, relax, just be                | 5   | 23              |
| <b>[APPRECIATE]</b> Something here, it all, yourself for doing this     | 2   | 25              |
| <b>[CONCLUSION]</b> Can use this in daily life in other times and spots | 2   | 27              |
| <b>[HANDOUTS]</b> <i>[OPTIONAL] Survey and/or Gift</i>                  | 3   | 30              |

## Handling Potential Challenges

**[HUMAN-MADE NOISE]** Relax resistance, shift focus, humans are part of nature, too

**[WEATHER]** Relax resistance, shift focus to something positive about it

**[RESTLESSNESS]** Stretch, face different direction, extended exhale breathing

**[DISRUPTIVENESS]** Take aside, ask if need anything, remind of agreements