



Boys Town, Nebraska

PAUSE POWER



*Learning to stay
calm when your
buttons get pushed*

*To my parents:
Thank you for your love and encouragement,
and for showing me the magic of books.*

Written by **JENNIFER LAW**
Illustrated by **BRIAN MARTIN**

Pause Power

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HI!
MY NAME
IS GABE!

This is my story
about how I learned to
stop letting other kids

PUSH MY
BUTTONS.

Most buttons are fun to push. But it's not fun when other people push **MY** buttons.

It used to happen to me **all the time!** Then I'd do stuff like yell, or hit, or run away, or even cry. But it wasn't my fault. People made me mad, so I acted mad.



Just like a few days ago. I was sitting in class listening to Mrs. Spencer explain that we were all going to be working with a partner for a research project. She said my partner was going to be Carter.

My partner is always Carter! As soon as she said it, my buttons popped up.

BIG. FLASHING. BUTTONS.



Carter hardly does any of the work, and he smells bad! I was thinking about this when Elliott bumped his elbow into me. He sits right next to me and never stays in his own space. My teacher says it's because he's left-handed and I'm right-handed, and sometimes we need the same elbow room.

I think it happens because he's annoying.





So when he bumped
into me, he pushed my
buttons. I shoved Elliott's
arm away and yelled,

“MOVE OVER!”

Right away, Mrs. Spencer sent me to the **COOL DOWN SPOT** in our classroom. She told me to take some deep breaths. But I didn't. I know that never works.



While I was in the **COOL DOWN SPOT**, I saw a blue button on my arm. It had a face, and it was looking at me! It said, **“Hi, Gabe.”** I didn’t say anything. Who talks to a talking button?

The button said, **“Looks like you’re feeling kind of frustrated. This would be the perfect time to take some deep breaths.”** I rolled my eyes.

“Go ahead. Try it,” the button said.



Pages 10-31 are not included in this excerpt.

CHILDREN/LIFE SKILLS

Ages 5-11

WHEN PAUSING CAN BE POWERFUL!

Meet Gabe. Gabe is a typical kid, with one exception. When something bothers Gabe, he develops these bumps... no, buttons... that pop up on his skin and clothes. They're not just any buttons. They're big, they flash, and they let other people know that they're getting under Gabe's skin by **PUSHING HIS BUTTONS.**

Gabe's typical reaction is to get MAD! Then he makes bad choices, like hitting, or screaming, or pouting.

One day, when Gabe's buttons start flashing, a new button pops up. His name is Preston, and he talks. The good news is that Preston has one goal in mind - helping Gabe learn how to use his **"PAUSE POWER"** to calm down **BEFORE** the Gabe Temper Tantrum Show starts.

This clever story teaches children how to recognize their body's cues and provides strategies they can use to stay calm in frustrating situations. Young readers will laugh and learn from this amusing and empowering tale that teaches them what to do when someone pushes their buttons.

"I am eager to use *Pause Power* with the students. The story makes the concept of pushing buttons concrete through words and illustrations! With several calm-down strategies provided, students will be empowered to find the one that works for them. *Pause Power* would be a great addition to any school counseling library."

– Melissa Sitzmann, elementary school counselor



Author JENNIFER LAW is an experienced elementary school counselor whose passion for children extends to storybooks. Her popular Gabe series empowers young readers with the skills they need to manage difficult emotions, be more independent, and practice healthy habits. The series includes *Missing the Meaning*, *Finding the Flipside*, *Rest to Recharge*, and *Practicing Patience*.

BRIAN MARTIN is an award-winning artist whose work has been featured in publications across the country. He is a graduate of Savannah College of Art and Design.

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