Pause Signal Design

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A participant wants a discreet way to stop an activity.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Create several verbal and nonverbal ways to request a pause.

3. Which signal could others notice and respect?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.