

# Pause & Think Online

## 1. Listen to the song

## 2. Complete the text of the song. Use the following words:

head, gut, toes, feet, legs, arms, heart, nose, ears

Use your \_\_\_\_\_(1) when you're online

Most especially your mind

Think about the things you see

Ask good questions - that's the key

Use your \_\_\_\_\_(2) when you're online

To take a break and balance time

And leave your tech behind

When you find yourself a tree to climb

From your \_\_\_\_\_(3) down to your \_\_\_\_\_(4),  
pause, think about it.

From your \_\_\_\_\_(5) up to your \_\_\_\_\_(6), pause  
and think online.

Use your \_\_\_\_\_(7) when you're online

Pay attention to its signs

**Know when it's safe to play**  
**Make good choices every day**

**Use your \_\_\_\_\_(8) when you're online**

**Stand up to bullies who cross the line**

**You can help friends big or small**

**Just lend an ear, and stand up tall**

**From your \_\_\_\_\_(9) down to your \_\_\_\_\_(10),  
pause, think about it.**

**From your \_\_\_\_\_(11) up to your \_\_\_\_\_(12),  
pause and think online.**

**Use your \_\_\_\_\_(13) when you're online,**

**Think about the tracks you leave behind**

**Privacy's the way to go**

**Don't share with people you don't know**

**Use your \_\_\_\_\_(14) when you're online**

**Always do what's right and kind**

**By showing friends respect**

**And being nice on the internet**

**So think with your \_\_\_\_\_(15)!**

**Balance with your \_\_\_\_\_(16)!**

**Listen to your \_\_\_\_\_(17)!**

**Stand up with your \_\_\_\_\_(18)!**

**Make good tracks with your \_\_\_\_\_(19)!**

**And feel with your \_\_\_\_\_(20)!**

**Just pause and think online!**

*Lyrics by Leigh Hallisey & Common Sense Education*