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Ways To Take a Break

- 1 • Go for a Walk**
- 2 • Set a New Goal**
- 3 • Listen to music**
- 4 • Take a Yoga Nap**
- 5 • Journal**
- 6 • Exercise**
- 7 • Color**
- 8 • Learn Something New**
- 9 • Go Outside**
- 10 • Make a Gratitude List**
- 11 • Plan a Party or Vacation**
- 12 • Read Motivating Quotes**
- 13 • Have a Cup of Tea or Coffee**
- 14 • Read an Uplifting Article**
- 15 • Eat a Healthy Snack**
- 16 • Write a Thank You Note to Someone**
- 17 • Take 5 Deep Belly Breaths**
- 18 • Watch Cute Animal Videos**
- 19 • Take a Bath**
- 20 • Stretch or Practice Yoga**
- 21 • Watch an Inspirational Ted Talk**
- 22 • Daydream for 5 Minutes**
- 23 • Declutter Your Home or Classroom**
- 24 • Connect with a Family Member, Coworker, or Friend**
- 25 • Create Something (i.e. a meal or piece of art)**