

TAKE A BREAK? YES PLEASE.

Breaks are an important part of the learning and working process. And, all too often we forget to take them, or we take breaks that aren't as rejuvenating as we need and want them to be. For some new ideas, or reminders of things you've done before and enjoyed, check out these ways to take a break:

Write a letter
BY HAND.
Send it via snail mail.

**GET
DRESSED
UP!**

Tell someone
why you're
grateful for them.

Create a vision
board for your term/
summer/WIP/goals.

Paint
your nails.

Organize
your books
by color.

Dream-cast a
movie, or
worst-cast it.

Write 1 page of
a story. Send it to a
friend and have them
add to the story.

Make a list of
things you like/
enjoy that start with
each letter of the
alphabet.

Start an
overnight
bread recipe.

Belt out
songs.

**PLANT A
PLANT.**

Illustrate and
write a comic strip,
then send it to
someone.

Papercraft.

**MAKE ART!
ALL KINDS OF ART!**
Draw/paint/build what
you see, what you
imagine, what you
want to see.

Make a snack
or cook a meal.

Re-read a
favorite book.

**DO
NOTHING.
AT ALL.**

Challenge a
friend to a game
of [GAME].

**GRILLED.
CHEESE.
COMPETITION.**

Invent
something.

Rewrite the
ending of that movie
that ended wrong.

Cut your
own hair.

Write thank
you notes.

Write what your
pet would say if
they could talk.

Build a house
of cards.

Learn to play a
song you like.

Go for a
drive.

Make up a word
for a thing that
needs a word.

Start a
book club.

Paint a
rock & hide it
outside.

Ask a friend to
share something that
always makes them
laugh (and share
something back!).

Do a science
experiment.