

# 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.