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.
- Tell someone why you’re grateful for them.
- Create a vision board for your term/summer/WIP/goals.
- Get DRESSED UP!
- Organize your books by color.
- Paint your nails.
- Make a list of things you like/enjoy that start with each letter of the alphabet.
- 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 ART! ALL KINDS OF ART!
- Illustrate and write a comic strip, then send it to someone.
- Make a snack or cook a meal.
- MAKE ART! Draw/paint/build what you see, what you imagine, what you want to see.
- MAKE ART!
- Illustrate and write a comic strip, then send it to someone.
- Start an overnight bread recipe.
- Papercraft.
- Re-read a favorite book.
- Invent something.
- Belt out songs.
- DO NOTHING. AT ALL.
- Challenge a friend to a game of [GAME].
- Make up a word for a thing that needs a word.
- Rewrite the ending of that movie that ended wrong.
- Cut your own hair.
- Sew a pillow.
- Rewrite the ending of that movie that ended wrong.
- Cut your own hair.
- Write thank you notes.
- Build a house of cards.
- Start a book club.
- Go for a drive.
- Learn to play a song you like.
- 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.

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