



54 Ways to Take a Break

- Take a bath
- Listen to music
- Take a nap
- Hug yourself
- Watch the clouds
- Drink hot chocolate
- Rest your legs against a wall
- Let out a sigh
- Squeeze ice
- Sit in nature
- Call a friend

- Give thanks
- Dance
- Write a poem
- Stretch
- Make music
- Read a book
- Climb a tree
- Pray
- Plan dinner
- Go to the park
- Write a letter

- Play video games
- Write in a journal
- Take deep belly breaths
- Meditate
- Draw something
- Walk outside
- Take a bike ride with someone
- Pet a furry creature
- Make a tasty snack
- Turn off all electronics
- Write a letter

- Make plans with a friend
- Look at art pictures
- Rip paper
- Watch a funny movie
- Do something kind
- Put lotion on
- Color with crayons
- Rearrange your bedroom
- Make Slime
- Make a list of what's good about you

- Play with toys
- Make a list of places you'd like to go
- Exercise
- Arrange your bookshelf
- Hold a stuffed animal
- Clean out your dresser
- YouTube Yoga
- Play a card game
- Make shadow puppets
- Create characters for a book
- Relax your muscles

Think of some other ways you can take a break and write them below.
Tip: Keep a copy of this handy for when you get overwhelmed.

My ideas to take a break:

A large, light blue, lined writing area for the user to write their ideas.