

# 50 Ways to Take a Break!

1. Do a dance
2. Draw a picture
3. Do a yoga pose
4. Talk to a friend
5. Count to 10 (or 20)
6. Take a rest
7. Practice Breathing
8. Take a walk
9. Learn or tell a joke
10. Squeeze a ball
11. Color a picture
12. Do 10 squats
13. Draw a pattern
14. Write a poem or journal
15. Play with putty or playdough
16. Do a mindful minute
17. Listen to music
18. Smell something good
19. Go outside
20. Write a letter
21. Learn something new
22. Solve a puzzle (like a Rubik's Cube, word search, or Sudoku)
23. Jump with a jump rope
24. Read a fun book
25. Notice how your body feels
26. Do an exercise like jumping jacks
27. Sit in the quiet
28. Ride a bike
29. Think about something funny
30. Spend time with pet (make sure you are being kind)
31. Look for art around you
32. Write a song
33. Stretch
34. Watch a fun video
35. Bounce a ball
36. Use a sensory tool (like a pompom)
37. Work on a puzzle
38. Do a pushup using the floor or a wall
39. Blow bubbles
40. Set a timer
41. Skip in a circle
42. Do a brain break on YouTube or go noodle
43. Play with an object like a slinky or car
44. Do 10 sit ups
45. Squeeze a stuffed animal tight
46. Make a shadow puppet with a flashlight
47. Run in place
48. Do an animal walk
49. Sing a song
50. Do arm circles