

## LEARNING FROM HOME BREAK IDEAS

### Need some energy?

- Go for a walk
- Find a workout on YouTube – check out the links on Teams
- Yoga with Adrienne
- Try a new recipe
- Drink some water & have a healthy snack
- Dance
- 10 second wall-sit, 10 pushups, 10 sit-ups, 10 jumping jacks
- Play with your pet

### Need to chill out?

- Listen to music
- Colour
- Meditation
- Breathing exercises
- Craft/activity that you enjoy
- Read
- Close your eyes and just be
- Sit with your pet

### Need some positivity?

- Connect with a friend
- Watch a funny video
- Clean or organize something
- Do something nice for someone or write a kind note to them
- Think of something you're grateful for

