

Break Menu Template

Check-in: What type of break is needed right now?

Use the spaces below to add additional options that work for your brain.

Physical Restlessness

- BIO? Do I need to go potty?
- Thirsty? Do I need a drink?
- Hungry? Do I need a snack?
- Movement? Have I been sitting for too long?
- Other:

SIDE DISHES

10-15 minute timer REQUIRED
DOES NOT come with phone

Short Break Options

Bathroom break (NO PHONE allowed)
Fresh air on the patio
Forward bends
Glass of water
Snack at kitchen table
Deep breaths on yoga mat
Schedule time to come back to it
Other:

Emotional Restlessness

- Distracting or obsessing thoughts?
- Throat tightening?
- Teary-eyed?
- Heart racing anxiety?
- Feeling reactive or frustrated?
- Other:

ENTREES

20-30 minute timer REQUIRED
KIDS add-on (optional)

Longer Break Options

Sketchbook doodling
Bird watching
Exercise bars
Jump rope
Thought / Idea Journaling
Nap
Have a good cry
Reach out to a friend, talk it out
Other: