

# 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:

## Emotional Restlessness

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

## → 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: