

eat a healthy snack



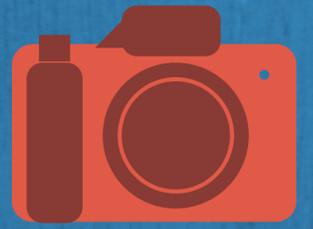
paint a picture



take a hike



take some photos



do a puzzle



hug



explore nature



25

ways

to

TAKE

a

BREAK

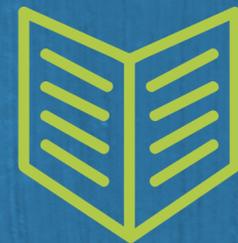
listen to music



call your grandma



read a book



try a new recipe



watch a thunderstorm



pray, reflect, or meditate



forgive someone



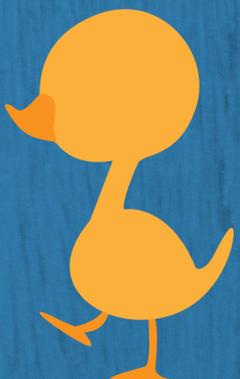
plan a vacation



mail a letter



take a bath



write a poem or story



soak in the sun (with sunscreen!)



go for a bike ride



play a sport

