**Take a Break**

Dear Parent/Guardian,

It is important to take time throughout the day for mindful breaks.

The *Take a Break* challenge encourages your family to take mindful breaks together by participating in healthy activities. The objective of this challenge is to try to complete as many of the 20 break activities listed below within the next 2 weeks. This activity has been adapted from the *50 Ways to Take a Break* activity.[[1]](#footnote-1)

This activity is a leadership role opportunity for your child and a chance for you to role model the importance of taking healthy and engaging breaks throughout the day.

Here is how you and your child can participate:

1. Plan a time in the day to engage in a healthy and thoughtful activity break with your family from the suggestions found on the tracking sheet. Some of the breaks are active outdoor breaks like going for a bike ride, while others are quiet and relaxing breaks like reading a book.
2. Every time you and your child complete a break from the list, initial on the **tracking sheet** (attached) to indicate that you completed the activity. If you and your child do a healthy or mindful activity not listed, write it down in the space below the chart and initial beside it.
3. Complete as many breaks as you can over the 2 weeks.
4. At the end of the 2 weeks your child must bring the signed tracking sheet to school to give to their teacher.

**Take a Break Tracking Sheet**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade:\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **Break Activity** | **Initial** | **Break Activity** | **Initial** |
| Learn something new |  | Visit a park |  |
| Read a book |  | Have a healthy snack |  |
| Play some music and dance |  | Engage in small acts of kindness |  |
| Do some gentle stretches |  | Sit in nature |  |
| Go for a walk outside |  | Go for a run |  |
| Take a nap |  | Write in a journal |  |
| Pet a furry friend |  | Take some relaxing deep breaths |  |
| Watch the stars |  | Look at something with fresh eyes |  |
| Forgive someone |  | Watch the clouds |  |
| Read or watch something funny |  | Write a letter |  |

1. <https://www.huffpost.com/entry/gps-guides_b_1632700> [↑](#footnote-ref-1)