

HOME CHALLENGES

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

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.

¹ https://www.huffpost.com/entry/gps-guides_b_1632700

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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	