



### Tip - Break Time!

Here are some ideas for break activities:

1. Use the bathroom.
2. Get something to drink.
3. Eat a snack.
4. Read a book or magazine.
5. Surf the internet.
7. Check email.
8. Play a computer game.
9. Practice relaxation strategies.
10. Check your phone quietly, talk on the phone only in emergencies or quietly, if nobody is around.