

I Need a Break

		
Listen to music through headphones.	Lay down on the cushions or bean bag.	Use a fidget toy from the Calm box.
		
Cuddle a stuffed toy.	Read a book.	Lie on your back and do some mindfulness.
		
Sit down and do some deep, relaxing breathing exercises.	Use a sensory kit.	Do some colouring in.
		
Do some drawing on paper or a whiteboard.	Play a game on the table.	Have a drink of water.
		
Stretch some bodies.	Go for a walk.	Do some yoga moves from the bookends.



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