

## Study Break Ideas

- Go for a walk
- Play with your dog or cat
- Listen to music - no tv/  
videos or video games
- Meditate
- Eat a healthy snack
- Rehydrate
- Take a nap
- Make a playlist
- Stretch
- Tackle a Rubik's Cube
- Change your sheets
- Make a travel bucket list
- Clean out your schoolbag
- Work on a puzzle
- Call a friend
- Plan your lunches for the  
next week
- Have a cup of tea or cocoa
- Read a magazine
- Do dishes

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- Go for a bike ride
- Daydream
- Have a dance party
- Take a photo
- Sit outside and get some  
sun and fresh air
- Tidy up your workspace or  
room
- Take a quick shower
- Bullet Journal
- Read a chapter of a non-  
school book
- Throw in a load of laundry
- Doodle or colour
- Light a scented candle
- 10 sit-ups, 10 push-ups, 10  
planks, 10 jumping-jacks
- Do a crossword or sudoku  
puzzle
- Paint your nails
- Listen to a podcast
- Organize one drawer in  
your room

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