

Take a Break

B I N G O

BETTER BREAKS. BETTER FOCUS.

TAKE A WALK	QUICK SHOWER	MEAL BREAK WITH FRIEND	ORGANIZE YOUR SPACE
MEDITATE	POWER NAP	REST YOUR EYES	DOODLE
CONNECT IRL WITH A FRIEND	DANCE BREAK	WATER BREAK	DEEP BREATHING
STRETCH	JOURNAL	PHYSICAL ACTIVITY	WORK ON A PUZZLE

Reward: _____