



# PROJECT: GET IT DONE TOGETHER

## Take a Virtual Break

*Need a break from the screen?*

Want to clear your mind and take some time for yourself to “escape?” Here are some ideas for taking a virtual break whenever you have some extra time in your day:

- Take a walk or go for a bike ride
- Write in a journal
- Listen to music
- Do a puzzle
- Read a fiction book
- Play a musical instrument
- Call grandparents, relative or friend
- Dance
- Play a board game
- Bake or cook some healthy afternoon treats
- Practice a sport
- Draw or paint
- Make an obstacle course and time yourself
- Write a letter to a relative or friend