

# After-School Tempo Tracker

## JUNIOR



FOCUS TIME 8 MIN

BREAK 4 MIN

FOCUS TIME 8 MIN

BREAK 4 MIN

FOCUS TIME 8 MIN

BREAK 4 MIN

FOCUS TIME 8 MIN

LONG BREAK 12 MIN

ACTIVITY

GAME

FOCUS TIME 8 MIN

BREAK 4 MIN

FOCUS TIME 8 MIN

BREAK 4 MIN

FOCUS TIME 8 MIN

BREAK 4 MIN

FOCUS TIME 8 MIN

Scan the QR codes for some fun and interesting activities to help you take a break.

[totembags.co.za](http://totembags.co.za)

