

1. SIP SOME WATER 

3. CONNECT WITH NATURE 

2. PAUSE FOR LUNCH 

4. MOVE YOUR BODY 

8 Quick Breaks for Mindful (but busy) Teachers!

5. GAZE OUT THE WINDOW 

7. TIDY UP THE CLASSROOM 

6. TAKE SOME DEEP BREATHS 

8. DOODLE OR JOURNAL 