mooki WELLBEING

10-minute activity

My Break Menu

Pick 3 or 4 breaks to try.

Name _____ Date _____

1 Pick 3 or 4 Tick them

Carry ☐ Bags or books	**Wall push** ☐ Push 10 times	**Jump** ☐ Star jumps
Animal walks ☐ Bear or crab	**Big squeeze** ☐ If I like it	**Swing** ☐ Or rock gently
Dance ☐ To a song	**Stretch** ☐ Up high, touch toes	**Walk** ☐ Quick, outside

2 How do I feel after? Circle one

Break: ..... 

Break: ..... 

Break: ..... 

Break: ..... 

FOR THE GROWN-UP

Plan short breaks into the day, like after school and before homework.
Only use squeezes if the child likes them. Always let them say stop.

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