

Name _____

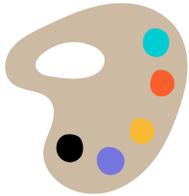
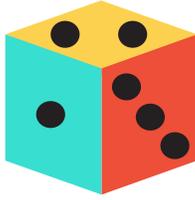


Take a Break Basket

Your body needs to relax throughout the day to recharge your energy. A Take a Break Basket can help you relax. When you need to refresh your energy, go to your basket and choose a quiet activity!

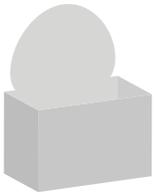
Step 1

Cut out all the activities below. Do you have a favorite screen-free activity that isn't listed? Fill in the blank spaces to make your own!

 <p>Color, Paint, or Draw</p>	 <p>Journal</p>	 <p>Play a Game</p>	 <p>Read a Book</p>
 <p>Listen to Music</p>	 <p>Do a Puzzle</p>	 <p>Do Yoga</p>	 <p>Go Outside</p>
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Step 2

1. Start by cutting along the solid line.
2. Once it is cut out, decorate your basket! Color it, add stickers, or do whatever you like! Make sure to decorate both sides!
3. Now fold on the dashed lines. These lines will be on the inside of the basket.
4. Unfold your basket and locate the Connector Tab. On the opposite side of your basket, find the Tape Tab Here section. Tape the Connector Tab to this spot.
5. Holding your basket upside down, fold in the bottom tabs. Start with tab 1 and work your way to tab 4.
6. Your basket should look like the image below.



Step 3

Add your cut out activities to your new basket. Anytime you want to relax, draw an activity out of your Take a Break Basket!

