



the creative break

You need a little break from daily business but don't know what you actually could do? I gathered some ideas just for you. Enjoy!

THE CREATIVE DREAMBOX COLLECTIVE

HERE ARE SOME IDEAS FOR YOUR PERSONAL BREAK DEPENDING ON HOW MUCH TIME YOU HAVE. PICK ONE OR TWO OR THREE!

5 MINUTE BREAK

- close your eyes & take deep breaths
- listen to your favourite song
- grab a piece of paper, close your eyes & draw randomly

15 MINUTES BREAK

- put on some music & dance
- sit down with a cup of tea or coffee
- think of a compliment you received & meditate on it

30 MINUTES BREAK

- go for a walk in the park
- listen to a podcast
- is there a playground near by? Try it out! (For you:))

HOORAY! I'VE GOT 1 HOUR

- make a collage based on a word you like (i.e. flow, hope, blue...)
- read a book
- start learning a new language

Obviously you can do all of this longer! Feel free. I suggest taking notes during your creative breaks.

How did you feel? What thoughts did you have? Maybe ideas are popping up. Write them down. Collect your own creative break treasures.

