



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!

**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.

