

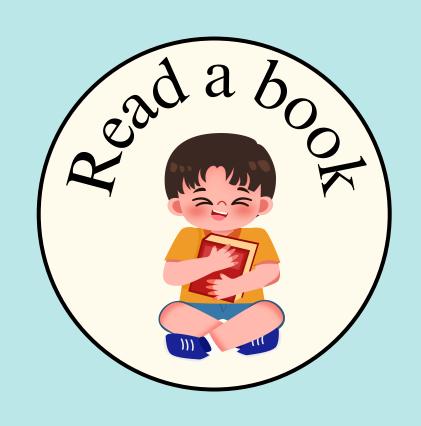
## NEED A BREAK?

Make a Choice.

STEP 1: Grab a timer and set it to 5 minutes.

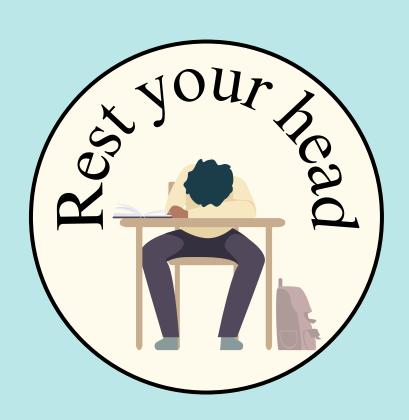
STEP 2: Pick a break activity.













STEP 3: Clean up and refocus on your classwork!