



50 ways to take a break[Photograph]. (n.d.). Karen Horneffer-Ginter.

Shade in the boxes below with your selected colors!

| | |
|--------------------------|--|
| <input type="checkbox"/> | Color 1: Circle activities you currently do for self-care and enjoy |
| <input type="checkbox"/> | Color 2: Circle activities you have tried, but have not found to be helpful at this time |
| <input type="checkbox"/> | Color 3: Circle activities you have not tried, but would like to |
| <input type="checkbox"/> | Color 4: Circle one activity you want to try tonight |