Example Break Options

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| **BREAKS ARE BETTER:**  **BREAK OPTIONS** |
| 1. Daydream quietly at desk |
| 1. Put head down |
| 1. Read or look at a book |
| 1. Doodle |
| 1. Color |
| 1. Stretch in the back of the room |
| 1. Run an errand for the teacher |
| 1. Play with putty |
| 1. Move to separate desk for quiet activity |

**References**

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