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
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**References**

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