

50 Ways to Take a Break

www.SocialWorkersToolbox.com



Garden or water plants



Watch birds outside



Pretend to be different animals



Take 10 deep breaths



Do a simple jiggle



Dance



Blow bubbles



Do yoga



Play with playdough



Do crafts



Watch the clouds



Cuddle your teddy



Do some stretching



Walk outside



Have a snack



Make a drawing



Play a game of I Spy



Listen to an audiobook



Read a book



Sing a song



Play with toy cars or dolls



Take photos



Drink something warm



Make a puppet theatre



Play a game of tag



Have a teddy bear picnic



Take a shower or bath



Do gentle gymnastics



Run on the spot



Play football



Watch an educational video



Build with blocks



Engage in relaxation



Play a memory match game



Dress up in costumes



Play a musical instrument



Do a finger-painting activity



Play with sensory toys



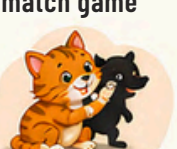
Build a fort with blankets



Have a tea party with toys



Bake something



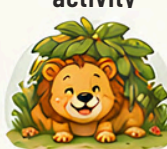
Make shadow puppets



Do 10 jumping jacks



Create a simple collage



Play hide and seek



Collect items on a nature walk



Draw with chalk outside



Play a game of Simon Says



Gently rock back and forth



Send a kind note or draw a picture



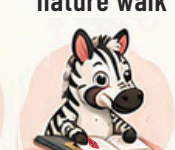
Go on a scavenger hunt



Look out the window and spot 5 things



Give yourself a big hug



Write or draw how you feel



Play with a balloon



Be kind to yourself

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM



FOLLOW US ON SOCIAL MEDIA TO STAY UP TO DATE
WITH NEW DOWNLOADS:

1) FACEBOOK



2) INSTAGRAM



3) PINTEREST



©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook/Instagram/Pinterest page using the share button.

FREE PDF DOWNLOAD

50 ways to take a break - poster for children

A printable children's break activity poster with 50 ideas for calming down, moving the body, playing creatively and taking a short pause. It includes options such as deep breathing, yoga, stretching, drawing, playdough, crafts, outdoor spotting, reading, music, sensory toys, building with blocks and writing or drawing feelings.

Parents, carers, primary school staff, social workers, therapists and family support practitioners may find it helpful for kids who need visual choices for self-regulation, emotional wellbeing, sensory breaks or classroom brain breaks. It can be displayed on a wall, kept in a calm corner, used during sessions, or offered when a child is dysregulated, bored, anxious or ready for a reset.

Having a clear menu of break ideas can reduce decision-making pressure and help children build a wider set of coping skills. The variety of quiet, active, creative and nurturing activities means adults can support children to choose a break that fits their energy level, mood and environment.