

Brain breaks

To ignal he an iden be een activite, eal at ha eab ain beak hadin of e movement cha dance, o a li ening activity cha 'Simon Sat'. This hel minimi e he ime off a k ding activity, a coming, and he calenda on he boad ell hem hen e e ecit

After lunch meditation

To efoc den once he come in f om laing o ide, e go ho gha gided