

# Mini Breaks

FOR MOMS & DADS



Cut out and place in jar.

Pick one a day to do for your mini-break.

Give yourself a  
hand massage

Rub your hands  
together. Place  
over your eyes &  
relax.

Close your eyes.  
Take 3 deep  
breaths in & out  
slowly.

Do 5 star jumps,  
5 squats,  
5 lunges.

Turn on your  
favorite music  
and dance.

Light a candle.  
Watch the flame  
and enjoy the  
scent.

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Pick one a day to do for your mini-break.

Get some fresh  
air. Open a  
window or go for  
a short walk.

Slowly drink a  
glass of water.  
Feel it go down.  
Savour it.

Really smell your  
coffee/tea.  
Savour the taste.

Shake & shimmy  
your whole body.

Visualize your  
favorite place.  
Take yourself  
there.

Become aware of  
what each of  
your senses is  
feeling.

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Feel the ground  
you're standing  
on. How it's  
holding &  
supporting you.

Become as still as  
possible in mind  
and body.

Hum a favorite  
tune.

Ask yourself  
"what do I need  
right now?". Be  
creative in  
getting it.

Eat something  
that you really  
enjoy – just a bite  
or two, slowly.

Listen to music.

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Look at old photos (with your kids) and talk about the memories.

Roll your shoulders 5x in each direction.

Roll your head left to right 5x.

Pull your shoulder blades back 5x (do at least twice).

Give & receive a "3 breath" hug.

Recall a very happy memory.

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Slowly scan your body from head to toe. Relax your shoulders.

Look. Really look around you. What color appeals to you today?

Smile for 15sec. Even if you don't feel like it.

Write down 3 things that went well today.

Close your eyes. Take 3 deep breaths in & out slowly.

Send a message to someone you haven't contacted for a while.

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Focus on one  
thing you want to  
get done.  
Now do just that.

Complete one  
small physical  
task - fold a few  
clothes, clean out  
a drawer.

Close your eyes.  
Take 3 deep  
breaths in & out  
slowly.

Change your  
location. Go to a  
different room.

Tap your face  
with your  
fingertips for  
60sec.

Doodle. Grab a  
pen & paper and  
let your mind  
wander.

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Pick one a day to do for your mini-break.

Do a SUDOKU.

Lie on the floor  
on your back.

Chant  
(with or without  
your baby)

Press/massage  
acupuncture  
points, e.g. at the  
base of your  
thumb.

Clean out your  
handbag.

Watch a cute  
animal video (but  
stop at one).



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Pick one a day to do for your mini-break.

Read a single page of a book you've read before.

Stare at tree branches.

Spend 3 minutes on a crossword puzzle.

Stand up straight. Imagine a string pulling you up. Good posture makes us more alert.

Look at a nature picture and imagine you're there with all your senses.

Rub your hands together vigorously. Then shake them like you're drying them off.