



Break cards

# Break cards



SLI 2020 - Special Edition



call a friend or  
loved one.



Write a thank you  
or gratitude note  
and send it.



work out for 30  
minutes.



On a piece of paper  
or in your journal,  
set an intention for  
the rest of the day  
or week.



Rest on the couch or  
hammock or bed or  
favorite chair.



Take a walk or a  
run.





Listen to your  
favorite album.



Make a snack and  
savor every bite.



Post on social media  
and use #SLI2020



Take a walk and  
photograph  
interesting or  
beautiful scenes  
you pass.



Create a "take  
action" list  
connected to what  
you are learning at  
the institute.



Do a full yoga or  
Pilates class.



Read a book.



Make a cup of  
coffee or tea or  
some other delicious  
beverage.





write a poem  
or song.



Share a story from  
the institute with a  
friend or loved one.



Meditate and quiet  
your mind.



Write down all the virtual activities and ideas you like from SLI to use during your own virtual PD.



Draft a children's  
book, newsletter, or  
blog about inclusion.



Craft a proclamation  
of love and inclusion  
for your students,  
colleagues or school.



Draw or paint.



Take a nap.