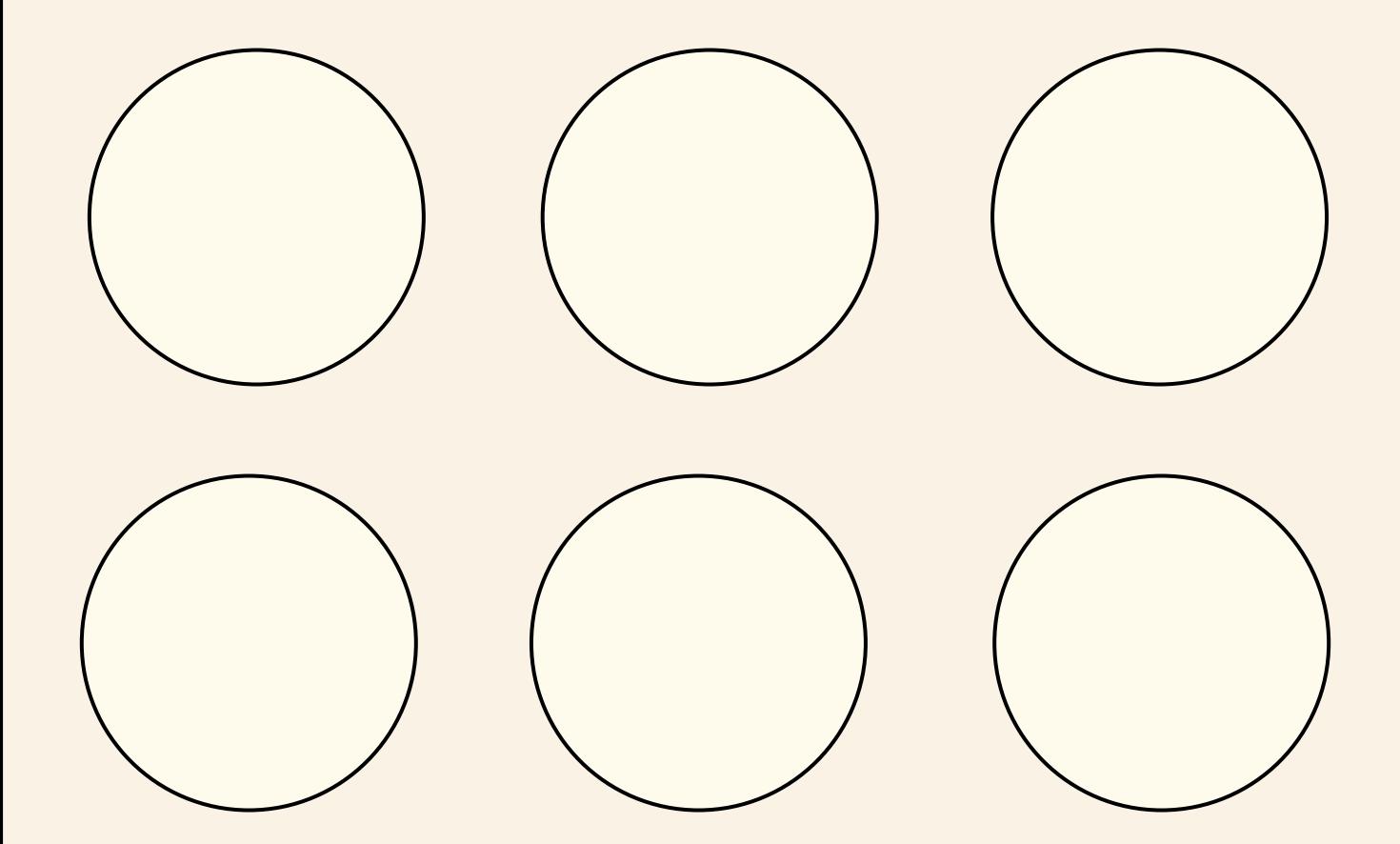


Need a Break?

Make a Choice.

Step 1: Grab a timer and set it to 5 minutes.

Step 2: Pick a break break activity.



Step 3: Clean up and refocus on your classwork!