Pepo Studios

Brain–break menu

a short reset, then back to it

Choose a break. Your teacher can circle the ones for today.



Big stretch



Slow breaths



Dance it out



Water sip



Walk & talk



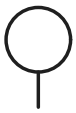
Doodle



Squeeze & relax



Look far away



Calm corner



Quiet read

draw it

draw it