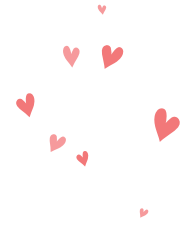


15-Minute No-Screen Break Ideas for October



S	M	T	W	T	F	S
27 Ordinary & Happy	28 	29 	30 	1 Relax with a cup of your favorite tea.	2 Dance in the living room to your favorite songs.	3 Doodle on paper.
4 Do a 15-min workout at home.	5 Go for a quick walk outside.	6 Journal in a notebook for 15 minutes.	7 Try a new 15-min recipe from a cookbook.	8 Take a quick nap.	9 Meditate for a few minutes.	10 Declutter and tidy a small area at home.
11 Make yourself a quick snack.	12 Close your eyes and visualize a great day.	13 Send a postcard to a friend.	14 Make a cup of coffee.	15 Read a chapter from a (paper) book.	16 Work on a paper crossword.	17 Work on a DIY craft project (like knitting or sewing).
18 Play an instrument.	19 Hold some power poses.	20 Try a fun no-screen activity like juggling.	21 Start a scrapbook with your favorite photos.	22 Work on a puzzle.	23 Do some push-ups or sit-ups.	24 Go for a 15-minute jog.
25 Take a quick shower.	26 Run a quick errand.	27 Try to solve a Rubik's cube.	28 Try a coloring book for adults.	29 Watch the sunset.	30 Journal (on paper) about the month.	31 Write a bucket list for next month.