

Build My Recharge Menu

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Create a flexible menu of breaks matched to time and place.

A good break helps you return with a little more capacity. Different people recharge differently; quiet, movement and connection can all count. Build your own menu instead of choosing what someone else thinks should help.

Your steps

1. Brainstorm breaks that feel useful, safe and available.
2. Fill three choices in each time group.
3. Mark S for school, H for home or B for both.
4. Try one option and decide whether to keep or change it.

1. Five-minute menu

Include three small breaks. Mark where each fits.

Example: stretch beside my desk · S, with permission

Choice	My break	S / H / B
1		
2		
3		

2. Fifteen-minute & longer menu

Longer breaks still need a return plan. Add three choices in each group.

Time	My break	S / H / B
15 minutes · 1		
15 minutes · 2		
15 minutes · 3		
Longer · 1		
Longer · 2		
Longer · 3		

Build My Recharge Menu · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Order from my menu

Choose one school option and one home option. Test one today.

At school I choose...	At home I choose...
My return signal is...	After trying it, keep / change because...

My next step

The break I will make room for tomorrow is...

Optional stretch · Grades 6–8

Compare quiet, movement and connection options. Design a backup for a day with limited space or time.

Optional teacher / parent follow-up: Help students check what is available at school. A break is support, not a reward to be earned.