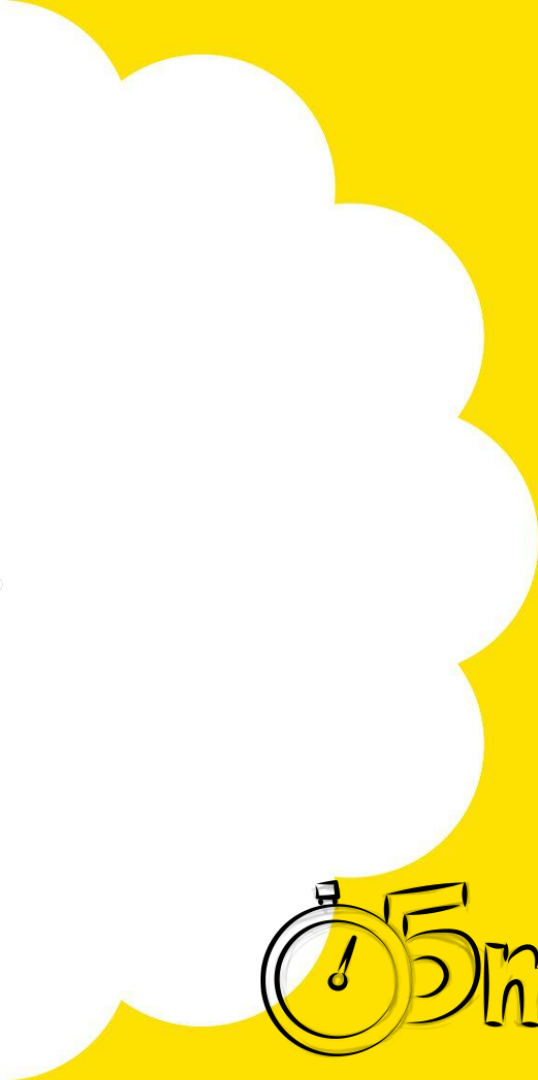


# Take Five



MindPlus<sup>1</sup>

# Take Five

## Educator Notes

**Why:** There are times across the day when student might need or want a five minute break (not longer!) outside of the regular break times. It can be useful to introduce a structured routine about this (and then expect LOADS of uptake on this initially!)

## What to do to set this routine up:


Discuss: there might be some times in the day when you would like to take a five minute break, that's not in our regular break times.

Ask students: what might cause you to want or need a five minute break? Some examples might be feeling stressed, feeling overwhelmed, really really tired, confused about work, etc

Explain the purpose of a five minute break - it's an opportunity to 'empty the mind' and to reset, it's NOT a time to get really engaged in an alternative activity and it's NOT to opt out of an activity,

Discuss: here are FIVE different things (**you can adapt this as needed**) that you could do for a five minute break (if you adapt this DO NOT include device use!

- Play cards (on your own)
- Draw
- Write

 Read a book

Sit quietly and think or daydream, in a spot that really suits you that's out of the way



# Take Five

Stress with students: **It's fine to take a break for five minutes, but it's not fine to disturb others when you do this**

Discuss a routine **(you can adapt this routine as needed, but keep it as unobtrusive as possible so kids don't make a huge song and dance about it and gain a lot of attention in the process)**

- Have this card printed and laminated (two copies)
- These cards live on the whiteboard on a magnet
- Take a card and show me and wait for me to nod - you don't need to verbally ask me, you don't need to wait for my reply, but you DO need to show me that you have this card and wait for me to nod
- If no cards available, no opportunities for a break right now
- Start a timer
- Child keeps the take 5 card with them, keeps it in front of them as this signals to others that they are not to be disturbed as they are 'busy' taking a five minute break
- After the 5 minutes the child returns it to the board

**From experience, expect there to be a lot of uptake initially and then interest in this dies off quite quickly and it all becomes a non-issue**

