Take a dance break: play 2-3 of your favorite songs and move!

Water the plants in your home.

Take out the trash, compost, or recycling.

Read a book about a person who does not share an identity with you.

Make a healthy snack: ants on a log? Veggies and hummus?

Write down a question or thought you’d like to share in your next class.

Clean/organize your work space.

Go outside and take three deep breaths.

Care for a family pet or help a sibling with something.