Need a quick break from studying? Try one of these:

- Take a NAP
- DANCE party
- Laugh
- Birdwatching
- Read a BOOK.
- Go for a drive.
- Make a thankful list.
- Count to 150.
- Paint Your Nails
- Wash Your Car.
- HANDWRITE A LETTER.
- Swimming!
- Read Jokes.
- Chew bubble gum.
- Close your eyes & hum for one minute.
- GO FISHING.
- Netflix
- Hulu
- YOGA.
- Go SHOPPING.
- Buy a pet fish.
- Sudoku
- Crossword
- Word Search
- Lie in a hammock
- STRETCH.
- Massage your temples.
- Facetime a Friend
- Pinterest
- Crank the Tunes
- Jog in place.
- Take A FEW SELFIES!
- Get Some Sun.
- Complete a coloring page.
- Find a MANTRA.
- Plant A Flower.
- Play with a furry friend.
- YouTube funny videos.
- Take a hot shower.
- Pray.
- Go for a swim.
- Watch the clouds.
- Take A Bubble Bath.
- Volunteer Your Time.
- BLOW BUBBLES.
- Plan a Trip.
- Listen To Music.
- Read a book about your day.
- Call a friend.
- Take a walk.
- Visit a local park.
- Meditate. SMILE!
- Hug someone you love.