

# 7 day habit

Choose 7 to do whilst on the challenge give yourself a star when you do it – by rewarding yourself you get a dopamine hit

**warm** face  
cloth

Try getting into  
bed **30–60**  
**minutes earlier**  
than usual. Dim  
the lights and let  
your system wind  
down without  
stimulation.

**bake** some  
snacks for the  
week

**Special dinner**  
have dinner with a  
candle lit, set the  
table, make it  
special put some  
flowers in a  
jar/vase

**walk**  
daily for  
15mins



**Self-Hand Massage**  
Massage your hands  
with warm oil or cream  
— especially the palms  
and between your  
fingers. Simple,  
calming, and grounding

**journaling**  
just write

**Declutter One Small Thing**  
Choose one drawer,  
shelf, or surface.  
Clear and reset it.  
Keep only what feels  
calm and necessary.  
It's about clearing  
inner space too.

**drawing**  
put a piece of  
paper over your  
hand as you draw  
your whānau its.  
fun activity & gets  
rid of perfectionism

**Stretch + Sigh**  
Take 5 minutes to  
stretch intuitively —  
follow your body's  
lead. Let yourself sigh  
audibly. This helps  
release tension and  
calms the nervous  
system.

**play** a card  
game



**Warm Water Ritual**  
Start your day with  
warm water and  
lemon or kawakawa.  
Let it be a moment  
of quiet before you  
start your day.



# work poster

Choose 7 to do whist on the challenge give yourself a star when you do it – by rewarding yourself you get a dopamine hit

## warm fuzzies

- ☐ Gratitude Wall
- ☐ Kindness Tag

Try getting into bed **30–60 minutes earlier** than usual. Dim the lights and let your system wind down without stimulation.

**Ring** and speak instead of texting

## Care for Something Living

What: Water a plant, tend a small garden, or refill the birdbath

**walk** 15mins at lunch time with a colleague



**get a massage**

**journaling**  
just write free flow 5 mins

## mini midday reboot

Nature Pause – Sit outside and simply observe— smell, taste, hear, see

## drawing

put a piece of paper over your hand as you draw your colleague its. fun activity & gets rid of perfectionism

## playful connection

- ☐ Analogue Games Hour
- ☐ Two Truths and a Lie

**play** a card game



## nourish & notice

- ☐ Bring & Share Tech-Free Lunch



#SPRINGSCREENBREAK

more resources [www.springscreenbreak.com](http://www.springscreenbreak.com)  
[www.littlekiwinatureplay.com](http://www.littlekiwinatureplay.com) [www.smartphonefreechildhood.co.nz](http://www.smartphonefreechildhood.co.nz)

# Activity cards

## Walking Meetings

**Why:** Step away from your desk and into fresh air. Walking side-by-side helps conversations flow more naturally.

**How:** Replace one meeting this week with a 20-minute walk outside. No phones. Just presence.

**Reflect:** How did it change the conversation?  
(repeat similar format for each activity)



## Two Truths and a Lie

**Why It Matters:** Laughter and surprise help people open up. It's a simple way to break the ice and deepen connection.

**How To:** In pairs or groups, share two true facts and one fib about yourself. Can the others guess which one's the lie?

**Reflection Prompt:** What surprised you about what someone shared?



## Creative Table Drop

**Why It Matters:** Creativity is a natural stress-reliever. Making something with your hands grounds you in the moment.

**How To:** Stop by the shared art table—draw, colour, collage, doodle, sculpt. No pressure to be good. Just play.

**Reflection Prompt:** How did it feel to make something just for fun?



# Activity cards

## Journaling Break

**Why It Matters:** Even five minutes of quiet reflection calms the nervous system and clarifies your thoughts.

**How To:** Take 5–10 minutes to reflect screen-free. Try today's prompt: "What does a balanced day feel like to me?"

**Reflection Prompt:** Did anything surprising come up in your writing?



## Kindness Tag

**Why It Matters:** Small acts of kindness ripple outward, boosting everyone's mood and connection.

**How To:** Do something thoughtful for a colleague today—make a tea, leave a note, offer help. Then tag them to pass it on.

**Reflection Prompt:** What's one thing someone did this week that brightened your day?



## Fix-It Hour

**Why It Matters:** Tidying or refreshing a shared space builds pride and a sense of shared responsibility.

**How To:** Spend 15–30 minutes helping clean, organise, or beautify a common area. Bring others in to help.

**Reflection Prompt:** How does the space feel now?



# Activity cards

## Story Swap Circle

**Why It Matters:** Stories make us human. When we share from our lives, we build empathy, trust, and understanding.

**How To:** In pairs or small groups, each person shares a 3-minute true story. Prompt: “A moment that shaped me.”

**Reflection Prompt:** What did you feel as you listened?



# story prompts

## Personal Growth & Insight

1. A moment that changed how I see the world
2. A challenge I didn't think I'd overcome — but did
3. A time I had to be brave
4. A lesson I learned the hard way
5. A piece of advice I still carry with me



## Light & Fun

1. My most hilarious mistake at work
2. A childhood memory that still makes me laugh
3. The weirdest job/task I've ever had
4. A time I got completely lost
5. A moment where everything went wrong — and then right



## Belonging & Identity

1. A place that feels like home
2. A moment I felt truly seen
3. The first time I realised I was good at something
4. Someone who believed in me
5. A story from my cultural or family traditions



## Connection & Emotion

1. A kind thing someone did for me when I needed it most
2. The first time I helped someone else in a big way
3. A conversation I'll never forget
4. A time I forgave or was forgiven
5. A moment of unexpected joy

