

7 day focus

Day 1
conscious
presence

here
now

Day 2
nature
connection



Day 3
create for
no reason
or outcome -
simply experiment



Day 4
community day



Day 5
journaling



Day 6
play



Day 7
appreciation



#SPRINGSCREENBREAK

more resources www.springscreenbreak.com
www.littlekiwinatureplay.com www.smartphonefreechildhood.co.nz

7 day habits

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 face
cloth - wash
your face with
a warm face
cloth

Sing or hum
your
favourite
song

bake some
snacks for the
week

**Drink some
water**

walk
daily for
15mins



Back story Massage

make up a story about
an animal going on a
journey and
experiencing rain,
sunshine and express
this with hand
movements on thier
backs.

write for fun,
be silly

Visit your school or town
library and take out a
book you would not
normally choose.

drawing

put a piece of
paper over your
hand as you draw
your friend.

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



Read a
book for
10mins



Activity cards

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?



Kindness Tag

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

How To: Do something thoughtful for a classmate today—join in with a game, offer help, share stationery, give a compliment. Then tag them to pass it on.

Reflection Prompt: How did it feel to give and receive kindness?



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

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. Try today's prompt: "One thing that made me smile today was..."

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



Two Truths and a Wish

Why It Matters: Builds trust and fun.

How: Each student shares two true things about themselves and one wish. The class guesses which one is the wish.

Reflection Prompt: "What did you learn about your classmates?"



Stretch and Sigh

Why It Matters: Why: Helps release tension and re-energises learning.

How: Everyone stands up, stretches tall, then bends low. Add a big sigh! Repeat 2–3 times.

Reflection Prompt: "How does your body feel now compared to before?"



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: “something I did that helped someone else...”

Reflection Prompt: What did you feel as you listened?

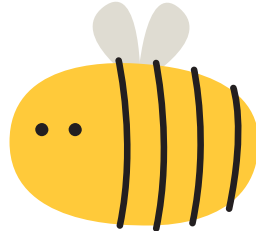


Nature Hunt

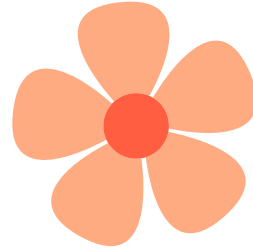
Go to the field and find all the things in the list!



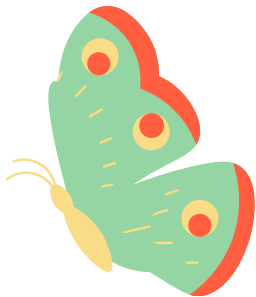
tree



bee



flower



butterfly



mushroom



blade of grass



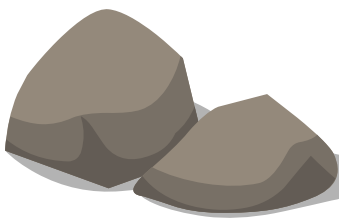
leaf



acorn



bud



rocks



worm



lady bug



Go explore

Go and find all the things in the list!



beach/tetahi



shells



seaweed



bush



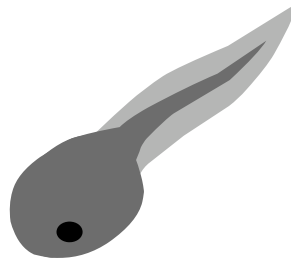
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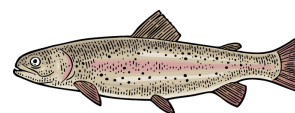
pīwakawaka



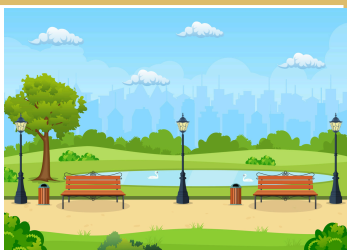
river



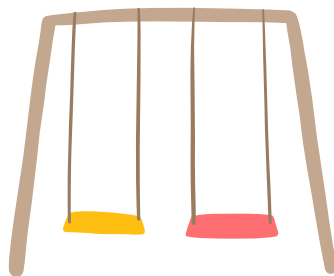
tadpol



trout



park



swings



hide and seek



#SPRINGSCREENBREAK

more resources www.lighteducationtraining.com
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Fun at home



bake



hide and seek



make a daisy
chain



climb a tree



watch clouds &
see shapes



plant some
vegetables



make dirt art
use flowers,
leaves & sticks



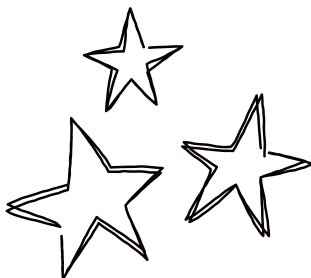
art/drawing



break some ice,
3 different ways



go on a bug
hunt



star gaze



lego challenge
make a crazy
creature

