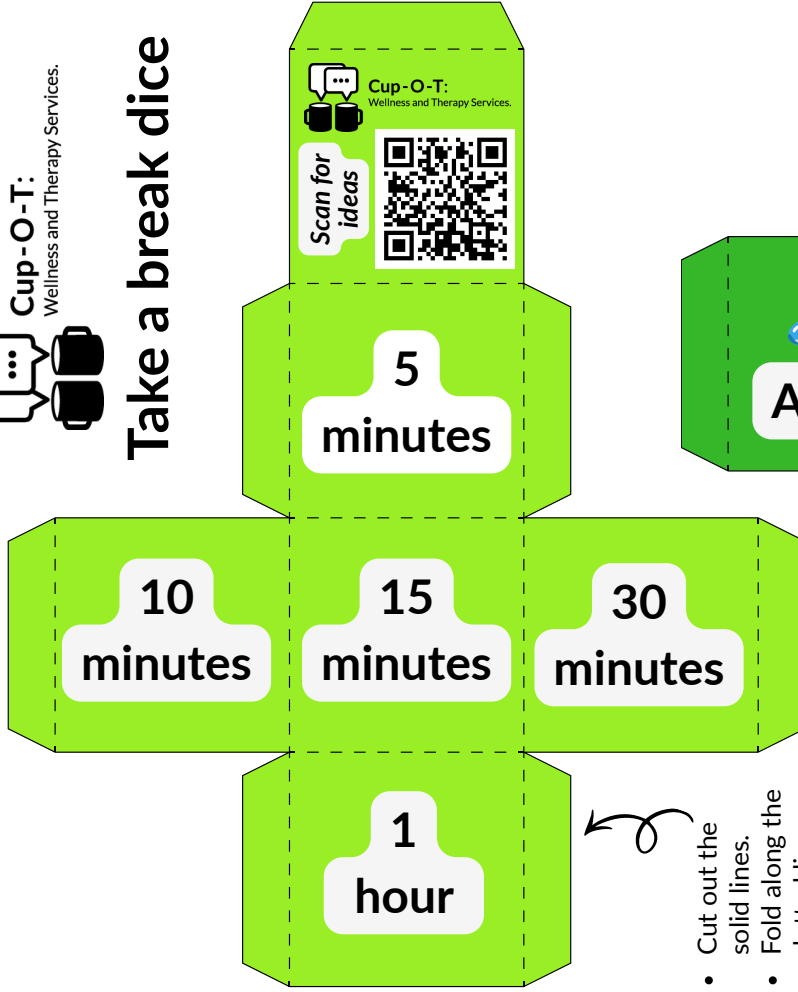




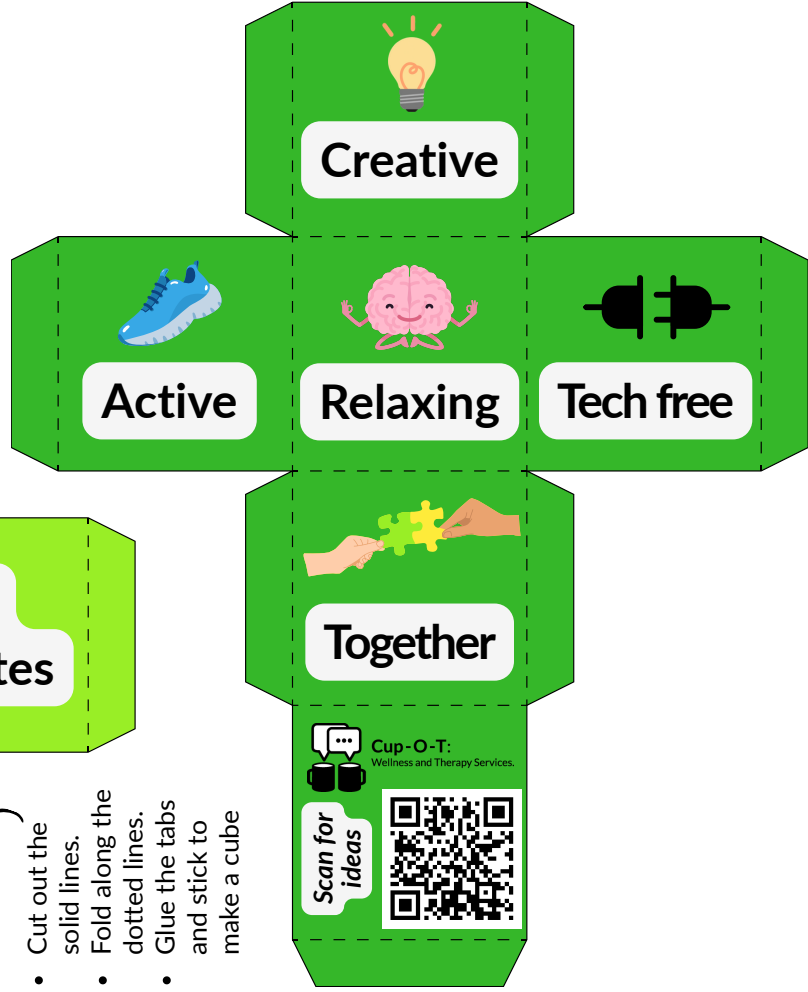
Cup-O-T:
Wellness and Therapy Services.

Take a break dice



Scan for
ideas

Cup-O-T:
Wellness and Therapy Services.



Creative



Active



Relaxing



Tech free



Together

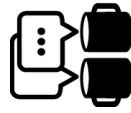


Scan for
ideas

Cup-O-T:
Wellness and Therapy Services.



- Cut out the solid lines.
- Fold along the dotted lines.
- Glue the tabs and stick to make a cube



Cup-O-T:
Wellness and Therapy Services.

Take a Break Dice



Small breaks can make a big difference.

When we're busy, breaks are often the first thing to disappear. But taking time to pause, move, connect or do something enjoyable can help support our mental and physical wellbeing, reduce stress and restore our energy and focus.

These dice make it easier to build purposeful breaks into your day, whether you're working, studying or at home.

How to use your dice

1. Roll both dice.

One gives you your time. The other gives you an activity category.

2. Scan the QR code.

Find an idea that matches your roll, or come up with your own.

3. Take your break!

Give yourself permission to step away, reset and return when you're ready.

There's no perfect break. Just a break that works for you.

Try it once. Notice how you feel. Make breaks part of your routine.



We hope you enjoy using your dice,
The Cup-O-T Team

www.Cup-O-T.co.uk