

Fast Finishers





Practice deep
breathing.





Visualize something
beautiful.





Craft a gratitude list.





Find someone and give
them a sincere
compliment (in person
or virtually).



Do 20 jumping jacks.





Smile





Make a list of things you
are doing right. Title it..
"I AM ROCKING
TODAY".



Find something to clean
up—and clean it.





Make a beautiful "TO
DO" & "TO BE" list for
things you are learning.



Dive into an article,
blog, or podcast you've
saved "for later".





Draw a picture of
inclusive education,
collaboration, or what it
looks like to thrive.





Get up and get
something to drink...
a coffee, water, soda,
juice...heck...
get a scone.



Do some stretches.





Go outside and do a lap
around your
house/apartment/etc.





Graduate your new
friendship—take it off
ZOOM and into text or
email or social media.



Create a new dance step
or virtual hand shake.





Send a gratitude text,
email, or note.





Go outside, take off your
shoes, if you can, stand
on the grass.





Write a love note
(platonic is fine!)
to someone





Listen to a favorite song
with headphones on or
mute yourself on
ZOOM.