

Break Options

Breaks help your audience refresh making it easier for them to focus on your message. Try using these different breaks throughout.



5/10/15 Minute Life Admin

This is an easy way to tell your audience that they have X amount of time to go to the restroom, get a snack, or take care of any other needs.

Take A Breather

Breathing and meditation exercises near the start or end help people unwind and clear their heads.

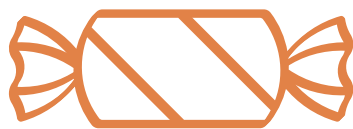


Move It!

If your group is more informal, it can be fun to ask people to suggest a short exercise like jumping jacks or squats and lead the group.

Virtual Scavenger Hunt

Have hunt breaks throughout the presentation. The first five people that can find the items in their home/office get a point. Add an extra incentive by offering a gift card for the winner.



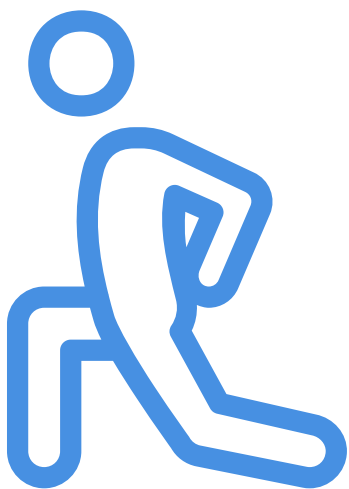
Something Sweet



Family Photo



Hobby Item



De-Hunch Before Lunch

Take a pause to do some stretching. This helps wake people up and make them more conscious of their posture. The more comfortable they feel, the easier it will be for them to concentrate.