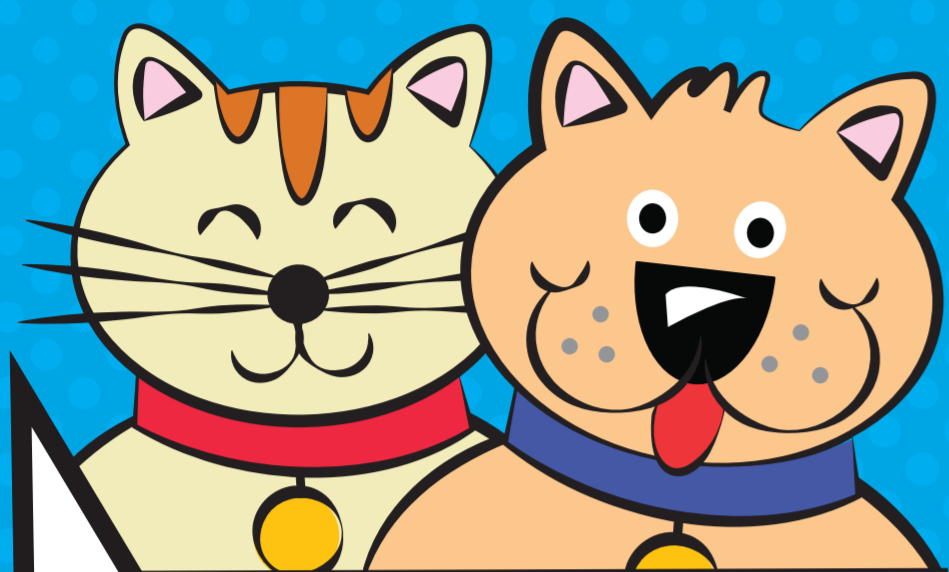


Molly and Max say take a break!

Remember to take regular breaks from digital devices!



Instead why not
try to . . .



Listen to music



Try a new hobby



Pet a furry friend



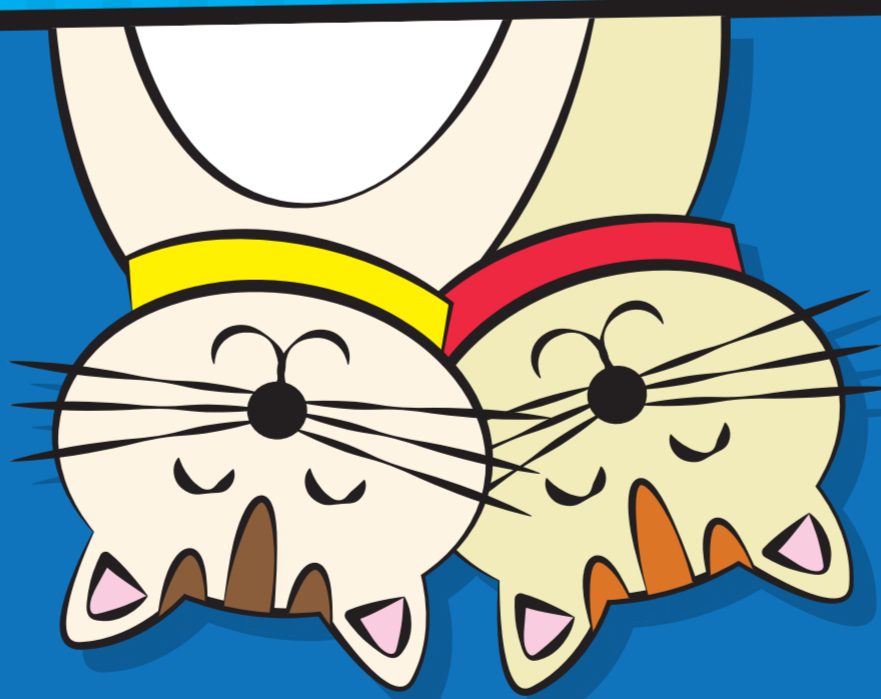
Be kind



Go to bed early



Be creative



Hang with friends



Read a book

Do you have any other ideas of activities you can do?