Restorative Pause Budget

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A worker has limited control over breaks.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Find possible pauses within real constraints rather than adding another obligation.

3. What pause is feasible in this setting?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.