Rest Without Earning It

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 character postpones every break until all work is done.

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

2. Try this task: Examine rules about deserving rest and identify a feasible pause.

3. What would a more realistic rule allow?

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.