

## 60-second Sabbaths

- Focus on your breathing for one minute. When you inhale, think the phrase "God's peace in." When exhaling; "God's love out."
- Close your eyes and imagine a butterfly, a mountain, a shooting star, or some other amazing scene from nature.
- Read a psalm or poem.
- Jump up and down for a set or two of 20-30 seconds. Notice how your lungs open up to fill with oxygen and the blood circulating throughout your body.

## 5-minute Sabbaths

- Spend 5 minutes writing a list of as many things you are grateful for as you can.
- Take a 5-minute walk and listen for the birds.
- Stop and listen fully to every your favorite song.
- Stretch out your body from head to toe. Give thanks for all the ways your body takes care of you.
- Write a note or draw a picture for a loved one you miss. Don't forget to send it :)
- Walk outside barefoot and feel the earth beneath you.

## 10-20-minute Sabbaths

- Write a journal entry using the prompt: "What makes my heart sing?"
- Make extra-fancy toast with special toppings (avocado, sprinkles, marshmallow cream - not all combined!) or some other treat for yourself and/or cohabitants.
- Find and balance a stack of flat stones.
- Make up a song.
- Call a friend you haven't spoken with for a while.