

The Break Planner

A mini journal for
SEN mums
who deserve a f*ing break



Welcome

This is your space. No pressure, no guilt. Just small moments to breathe, reset, and remember that you matter too.

Day 1

Right now I feel: _____

One thing I need to get off my chest: _____

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

Day 2

Right now I feel: _____

One thing I need to get off my chest:

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

Day 3

Right now I feel: _____

One thing I need to get off my chest:

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

Day 4

Right now I feel: _____

One thing I need to get off my chest:

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

Day 5

Right now I feel: _____

One thing I need to get off my chest:

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

Day 6

Right now I feel: _____

One thing I need to get off my chest:

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

Day 7

Right now I feel: _____

One thing I need to get off my chest:

Today I will take ____ minutes for myself by

If I forget, here's one thing from my Break Bank I can do:

The Break Bank

Fill this with quick ideas for breaks so you don't have to think when you're already overwhelmed.

Tiny Breaks (2–5 mins)	Medium Breaks (10–20 mins)	Big Breaks (30+ mins)
Hide in the loo with chocolate	Walk outside	Netflix + blanket
Make a cuppa	Call a friend	Long bath
Silly TikTok scroll	Journal rant	Nap without guilt

Permission Slips

Cut these out and use whenever you need a break:

- I hereby give myself permission to rest.**
- Not today, Mum's off duty.**
- This 15 minutes is mine. Do not disturb.**
- I don't need to earn my break. I deserve it.**