

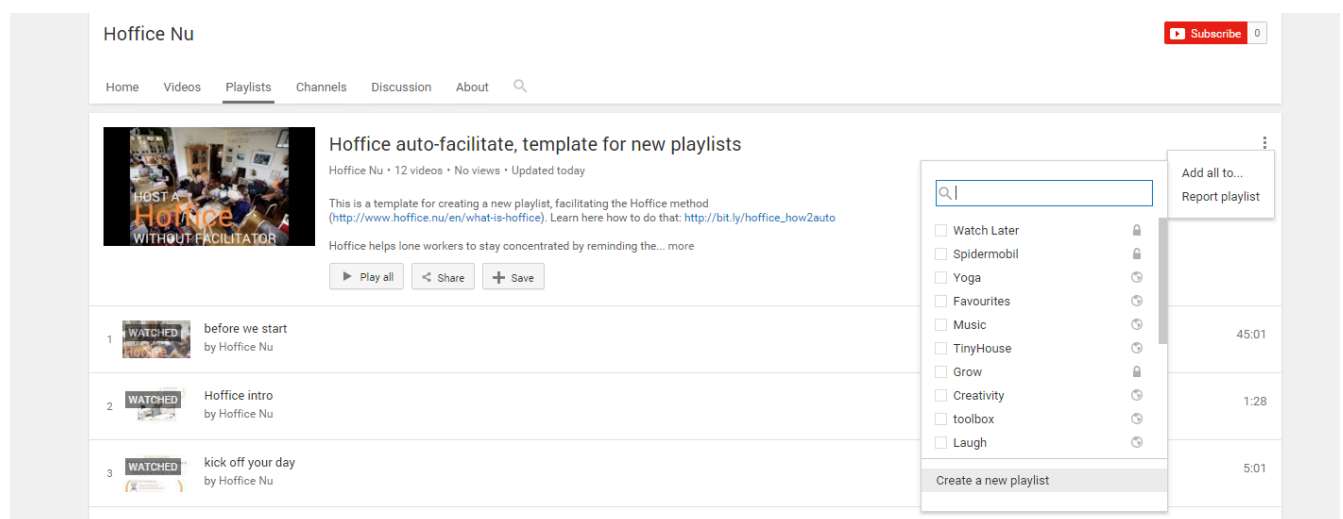
# MAKE YOUR OWN HOFFICE YOUTUBE PLAYLIST

You have seen/used the auto-facilitated Hoffice playlists on YouTube:

- [Hoffice auto-facilitated, breaks with focus on stress relief](#)
- [Hoffice auto-facilitated, breaks with focus on work-out](#)
- [Hoffice auto-facilitated, breaks with focus on spirituality](#)
- [Hoffice auto-facilitated, breaks with focus on breathing](#)
- [Hoffice auto-facilitated, find your own break activities](#)

but you got bored by the break activities and want to make your own?  
Great! This is how you do it:

1. Make sure you're logged-in on YouTube
2. Open [this playlist](#)
3. Make a copy of it:
  - a. Click on the three dots in the upper right corner
  - b. select "Add all to..."
  - c. select "Create a new playlist"
  - d. call it "Hoffice auto-facilitated, <describe what kind of breaks you will add>"
  - e. select "Create"



4. Open the playlist from your saved playlists
5. Due to a YouTube bug, the video “check in, 45min work, check out” appears now only a single time. Add 6 more copies of it:
  - a. Click “Add videos”
  - b. Search for [https://www.youtube.com/watch?v=siK2tgtdl\\_Y](https://www.youtube.com/watch?v=siK2tgtdl_Y)
  - c. Select the found video by clicking on it
  - d. Click on “Add videos”
  - e. ... repeat a. - d. more times
6. Re-order the videos by clicking on the 3 dots next to the video thumbnail
  - a. place 3-4 of the “check in, 45min work, check out” videos before the lunch break and the rest after
  - b. place the video “final check out, celebration” at the very end
7. Now you’re ready to add your own break videos
  - a. Click “Add videos”
  - b. Search for the YouTube video you want to add
  - c. Select the right video by clicking on it
  - d. Click on “Add videos”
  - e. ... repeat a. - d. for all the other break videos you want to add
8. Your videos might not be exactly 12min long (the length of a Hoffice break, without the check-in and check-out). So add our template videos with a clock running down
  - a. Click “Add videos”
  - b. Search for the template video with the right length, so that the break adds up to 12min
    - i. break: 12 more minutes  
(<https://www.youtube.com/watch?v=CubuLDDayLI>)
    - ii. break: 11 more minutes  
(<https://www.youtube.com/watch?v=HQecx3ZatiY>)

- iii. break: 10 more minutes  
(<https://www.youtube.com/watch?v=ZN-ZEItaUVg>)
- iv. break: 9 more minutes  
(<https://www.youtube.com/watch?v=f6iNAXs0Up4>)
- v. break: 8 more minutes  
(<https://www.youtube.com/watch?v=XW4MYXpWq24>)
- vi. break: 7 more minutes  
(<https://www.youtube.com/watch?v=wDyaNDvN2RM>)
- vii. break: 6 more minutes  
([https://www.youtube.com/watch?v=uLgT\\_3kjL\\_A](https://www.youtube.com/watch?v=uLgT_3kjL_A))
- viii. break: 5 more minutes  
(<https://www.youtube.com/watch?v=YNz1G1fwwtY>)
- ix. break: 4 more minutes  
(<https://www.youtube.com/watch?v=pD4yiSqbFLs>)
- x. break: 3 more minutes  
([https://www.youtube.com/watch?v=7pdmk98vn\\_Q](https://www.youtube.com/watch?v=7pdmk98vn_Q))
- xi. break: 2 more minutes  
(<https://www.youtube.com/watch?v=Go-SOGQnFMY>)
- xii. break: 1 more minutes  
(<https://www.youtube.com/watch?v=JhXdEVL0-Hw>)

- c. Select the right video by clicking on it
- d. Click on "Add videos"
- e. ... repeat a. - d. for all the other break videos, where you want to add extra time

9. Re-order the template videos by clicking on the 3 dots next to the video thumbnail, so that all break activities add up to 12 minutes

10. You're ready to use your playlist! Click on "Play All" to get started.

11. Copy the link in the address bar and send it to [info@hoffice.nu](mailto:info@hoffice.nu) and we'll make sure to distribute it in the network!