

Last Friday, I began a little experiment - Batman's big day out.

It was the start of a series of little bits of fun I will be capturing and putting up on social media, following the story of my little LEGO Batman figure.

Now, the point is I wanted to have a bit of fun on my Friday and possibly bring a little to my friends along the way. A question that came up though was

"Have you no work to do?"

The answer was - of course I do. However, the total time take on Friday to do this was about 30 minutes. As I work with a VDU, I am meant to have a break every hour. If I smoked, it would be acceptable to take 45 minutes or more a day for smoking breaks. So is 30 minutes of something that I enjoyed, kept me motivated, was creative, brought joy to others and helped increase social media traffic for me that day a bad thing? Of course not - and I am not giving myself or anyone else cancer having a Batman break!

Is it gamification? Probably not, but it is enjoyable and that can't be a bad thing.

So, next time you are stressed - have a Batman break!

Stay tuned for more adventures.

[\[View the story "#Batman's big day out!" on Storify\]](#)

Please wait...