

Taking a Break (using a break card)



Sometimes school is hard.



Sometimes the kids bother me.



Sometimes _____ makes me angry.



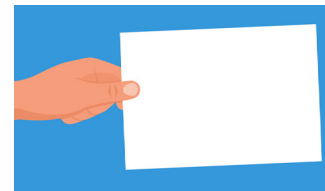
Sometimes I get mad.
Sometimes I get overwhelmed.



If I am feeling mad at school,
I can ask for a break.
I have a break card I can give to my teacher.



Taking a break is a good thing!



My teacher can help me if I ask for a break.
My teacher wants to help me.
I can give my break card to my teacher.

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Taking a Break (using a break card, continued)



My teacher can help me get to a quiet space.
Or I can take a break from my work.



I can take a walk or get a drink of water.
I can ask for a break instead of _____.
Everyone takes break!



My teacher will be proud of me
if I ask for a break.



I will be happy because
it will give me time to chill out.



I will feel better after taking a break.

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