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

Sometimes school is hard.

Sometimes the kids bother me.

Sometimes ______________ makes me angry.

Sometimes I get mad. Sometimes I get overwhelmed.

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.

Taking a break is a good thing!
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.