

# Taking a Break (using a break card)



Sometimes school is hard.



Sometimes the kids bother me.



Sometimes \_\_\_\_\_ makes me angry.



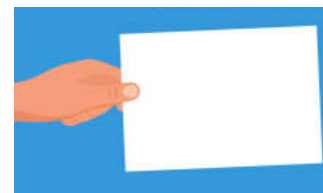
Sometimes I get mad.  
Sometimes I get overwhelmed.



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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