

Taking a Break



Sometimes school is hard.



Sometimes one of my peers bothers me.



Sometimes _____ makes me angry.



Sometimes I get mad when I am at school.
Sometimes I get overwhelmed at school.



If I am feeling mad at school,
I can tell my teacher I need a break.



Taking a break is a good thing!



My teacher can help me if I ask for a break.
I can say "I need a break."
My teacher wants to help me.

Fold page here to follow along

Taking a Break (Continued)



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



Maybe 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.

Fold page here to follow along

Taking a Break (using a break card)



Sometimes school is hard.



Sometimes the kids bother me.



Sometimes _____ makes me angry.



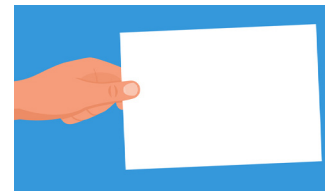
Sometimes I get mad.
Sometimes I get overwhelmed.



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.

Fold page here to follow along

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.

Fold page here to follow along