

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!



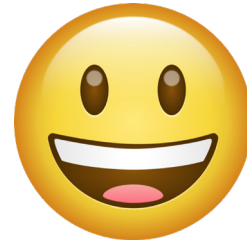
My teacher can help me if I ask for a break.
I can say "I need a break."
My teacher wants to help me.

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Taking a Break (Continued)



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



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



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



I will feel better after taking a break.



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

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