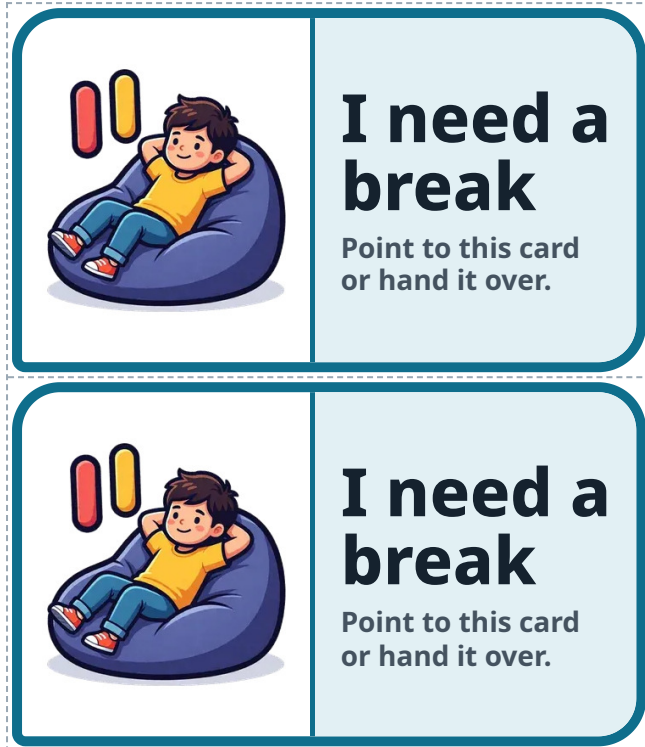




Break cards

Cut on the dashed lines. Hand over a card, or point to it, to ask for a break.

Small cards for a key ring, a desk or a pocket



Word-only cards for teens and adults





On my break, I can...

Point to one thing to do on your break.



deep breaths



walk



squeeze



fidget



headphones



lie down



rock



a drink



book



draw



quiet corner



stretch

After my break



break



Put a card here

Put the next activity in the dashed box, so the end of the break is clear.