



Break cards

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

	I need a break Point to this card or hand it over.
	I need a break Point to this card or hand it over.

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

break	break	break	break
help	help	quiet	quiet
		Draw a picture or glue a photo here	Draw a picture or glue a photo here
all done	all done		

Word-only cards for teens and adults

I need a break, please.	Can I take a short break?
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On my break, I can...

Point to one thing to do on your break.



deep breaths



walk



squeeze



fidget



headphones



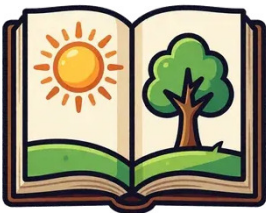
lie down



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.