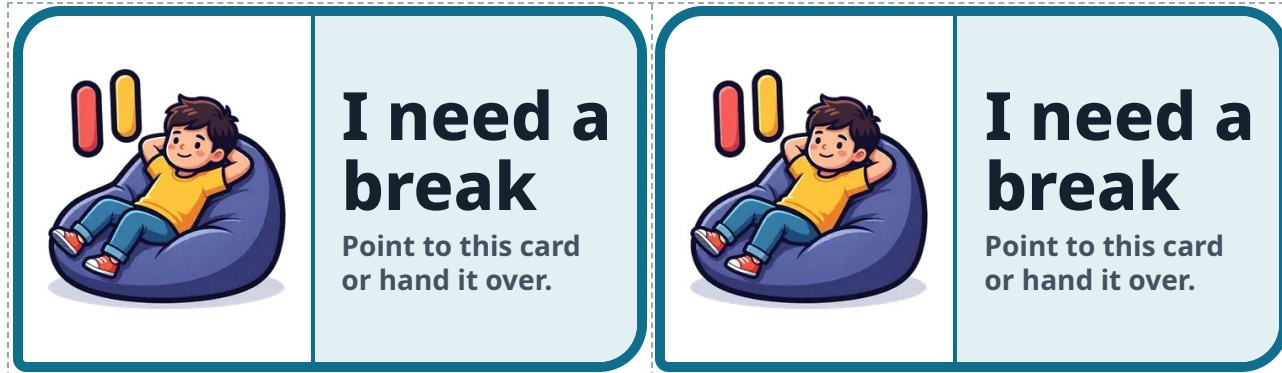


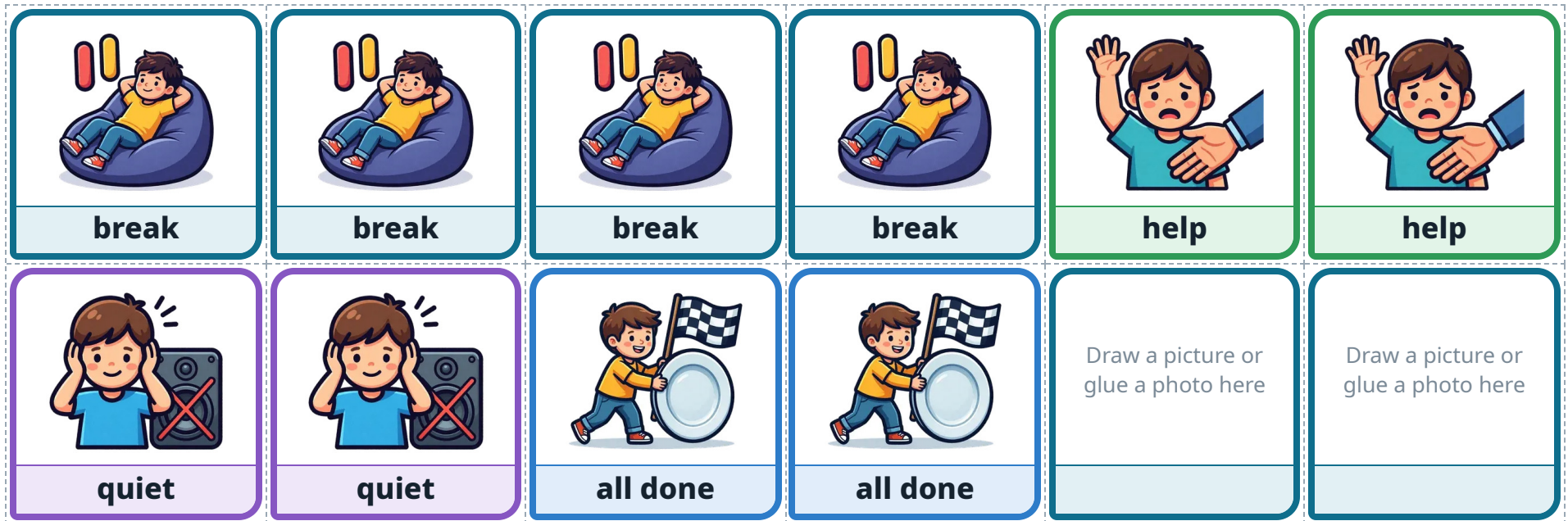


Break cards

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



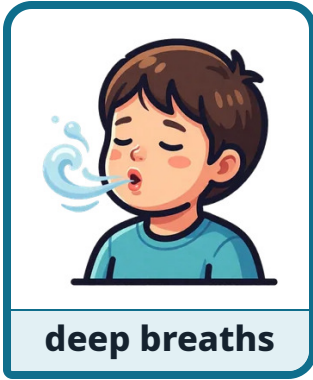
Word-only cards for teens and adults



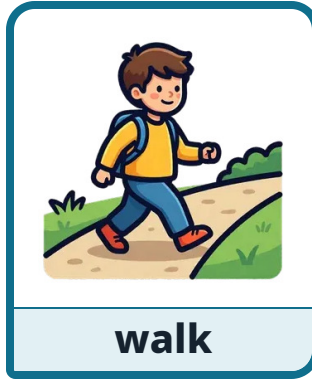


On my break, I can...

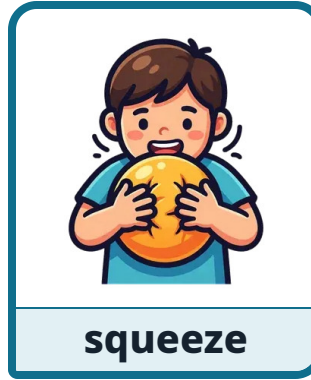
Point to one thing to do on your break.



deep breaths



walk



squeeze



fidget



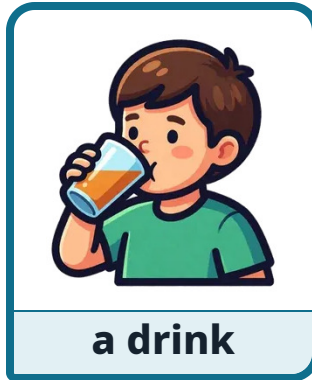
headphones



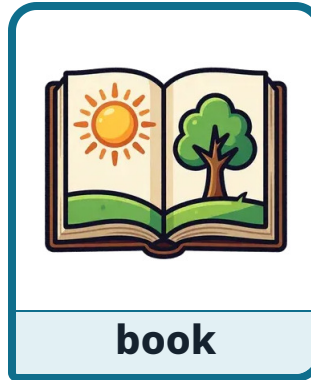
lie down



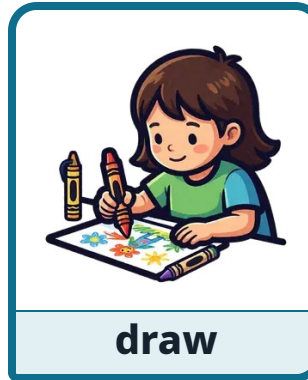
rock



a drink



book



draw

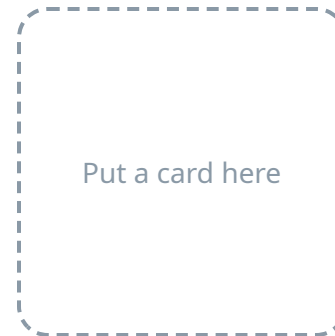


quiet corner



stretch

After my break



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