

Break choices

Show how you feel. Choose a safe break.



NAME _____ DATE _____



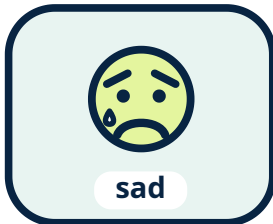
ADULT READS

Point to the face that fits you, then choose a break. Every feeling is okay.



all done

I feel...



I need a break

My break choices



First, then



draw



stick



point

ADULT READS

Draw the job in the first box. Stick a break card in the then box, and point to "I am ready" when the sand runs down.



all done



first



then



break time



I am ready



take five deep breaths



squeeze a soft toy



quiet corner with a book



have a drink of water



stretch like a star



wall push



wear ear defenders



draw or colour

My own choices

Draw a safe break you like. Cut it out for your board.



draw



cut



stick

ADULT READS

Draw a break that helps you feel calm. Cut it out and stick it on your board.



all done



draw or stick

draw or stick

draw or stick

draw or stick

draw or stick

draw or stick