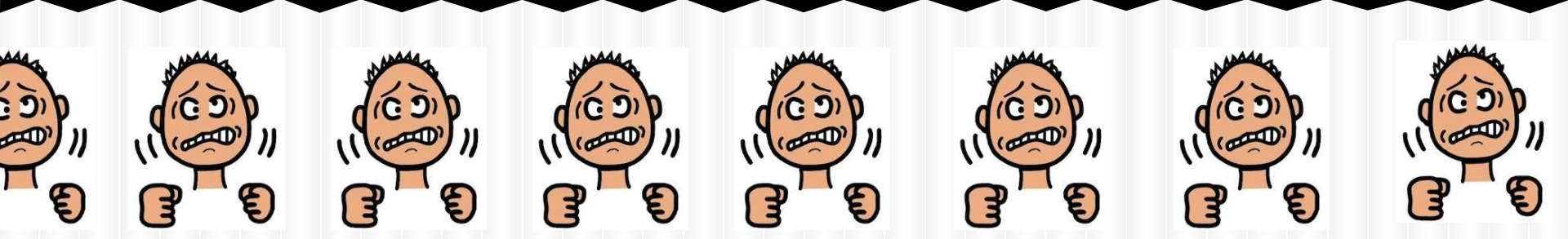
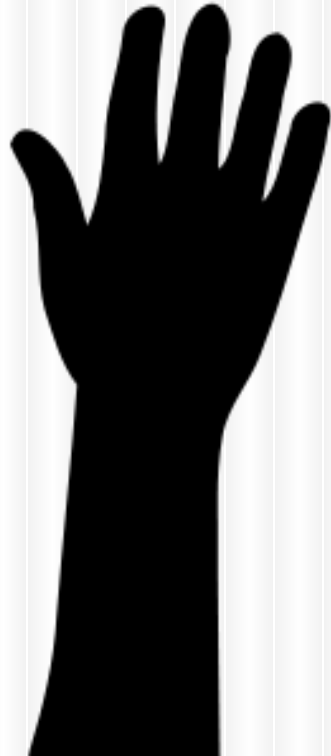


How to take a break

Expected Behaviors



Raise your hand.



Quietly ask the teacher for a break.



Choose a tool to help you calm down.

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Imagine your happy place

Draw a picture

Use a relaxation app

Build with play doh

Take some deep breaths

Be ready to stop when the timer runs
out.



Stop when the timer is empty.

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Clean up from your break.

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Get back to work.

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