

Taking A Break



Sometimes at school I feel frustrated. When I'm frustrated I might say "NO" and yell out. I might scream. When I scream or yell out the other kids cannot do their work. I'm too noisy.

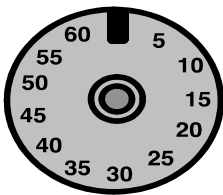


When I feel like this, I need a
BREAK. When I take a break
I need to go to my break area.

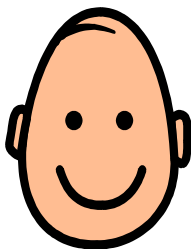


I need to choose a book.
Read a book
Sit down and relax and read

timer



When the red is gone on the timer my BREAK is ALL DONE. When my break is done, I need to join my class again.



A BREAK is a good way for me to do a better job at school. My teacher will like it when I take a BREAK when I need it.