I can take a break



I need a break!

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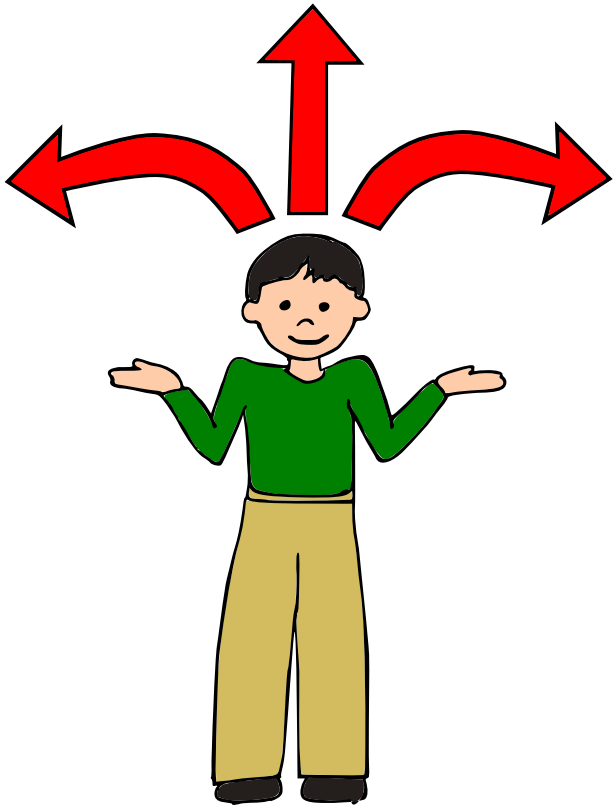
Sometimes work gets hard or I get frustrated and I need a break.



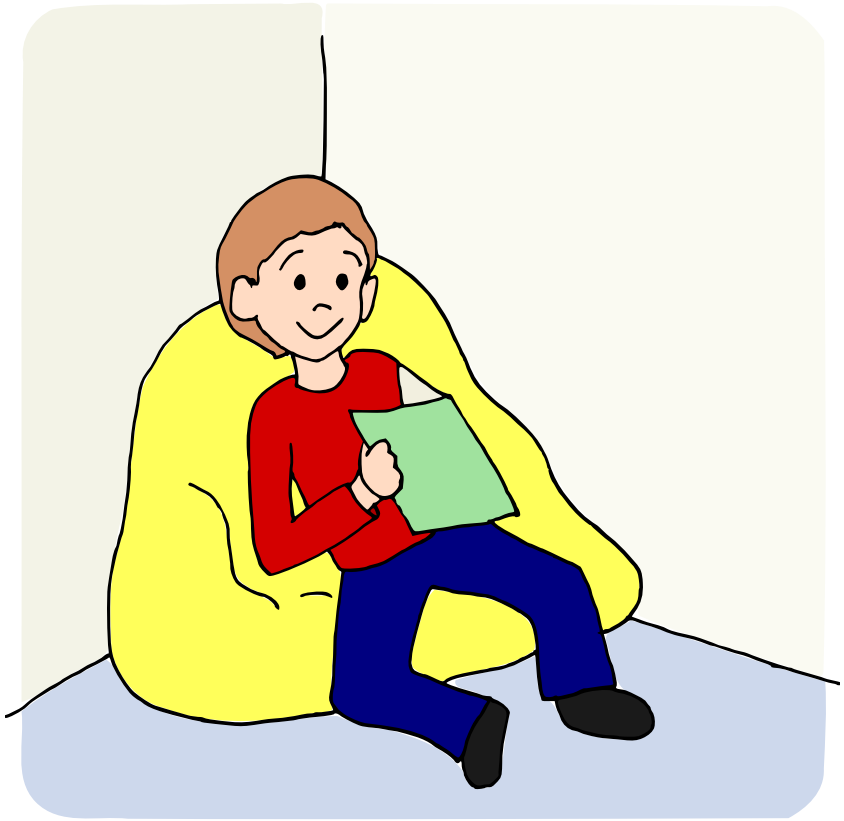
When this happens, I can ask to take a break.



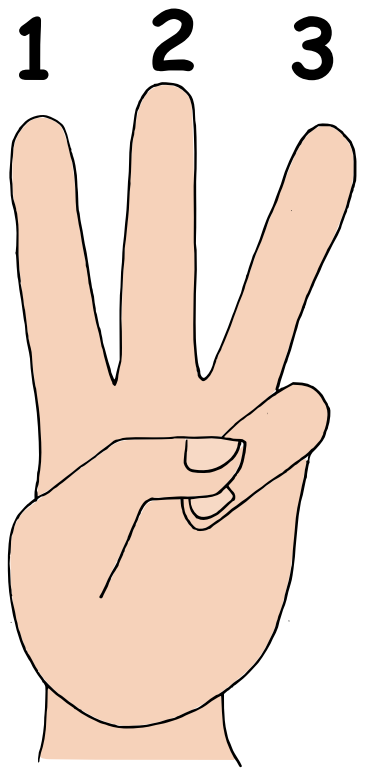
I should say, "may I take a break please?"



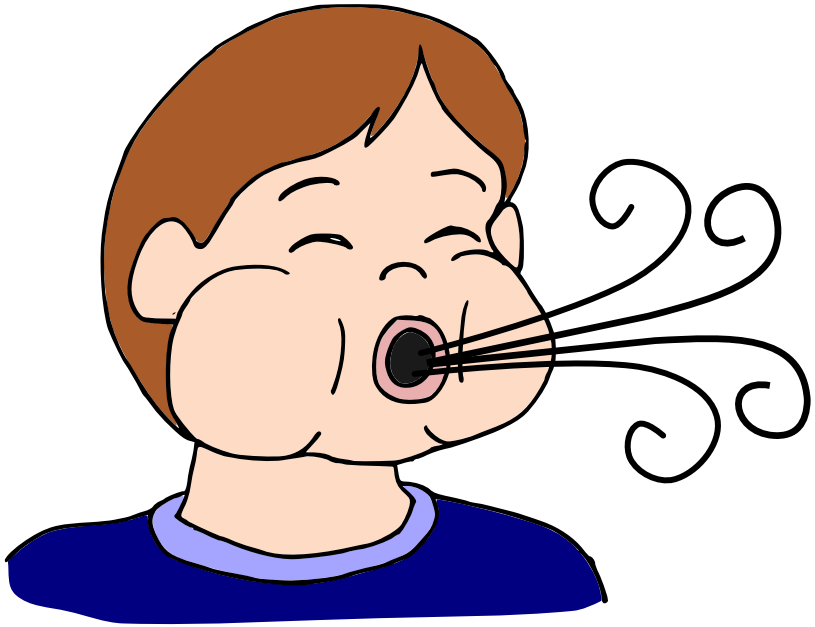
When I take a break I have choices of things I can do.



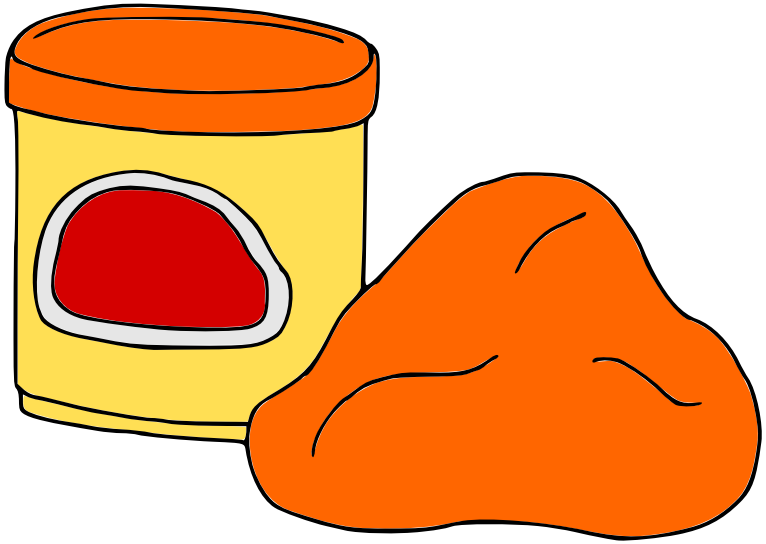
I can go to a quiet spot in the room.



It may help to quietly count to three.



Blowing air in and out slowly can help me calm down and relax.



I can ask to play with play dough during my break.



Sometimes a quick drink of water is all I need for a break.



One rule during my break is that I must be quiet so I do not disrupt others friends working.



When my break is over,
I need to return to my
desk and do my work.