Level	Things I Can Try
5	• Request a break/leave the area • Ask adult for help
4	• Breathing strategies • Request break • Ask adult for help • Talk with adult or problem solve a solution
3	• Request Break • Ask to go to a quieter setting to complete task • Use a breathing strategy • Ask a peer for help
2	• Request a movement break (e.g., get a drink, go to sensory break center) • Use a breathing strategy
1	• Keep up the good work!