



## Student's Taking a Break Coaching Card

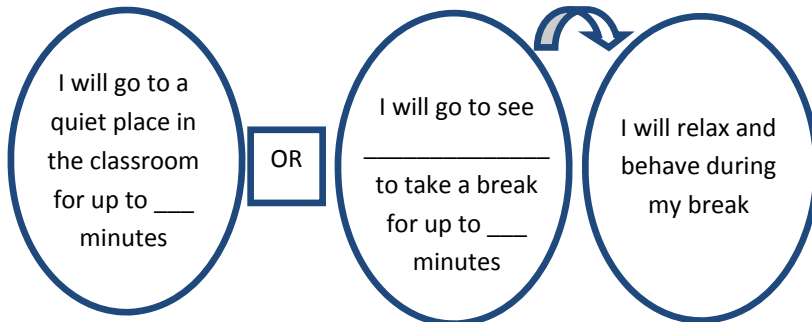
At the beginning of the day, my teacher will give me a Take a Break Card



1. I will raise my hand and politely ask the teacher to use my Break card



2. I will take a break in one of these ways:



3. I will go directly back to my desk in the classroom when my break is over



4. I will participate in class, do my work, and stay relaxed and calm

I can only use a Break card \_\_\_ times each day

## Teacher's Taking a Break Coaching Card

Teach the student how to appropriately ask to use a Take a Break card, set limits for when a break can be taken, and determine a "safe spot" in the classroom or school the student can use

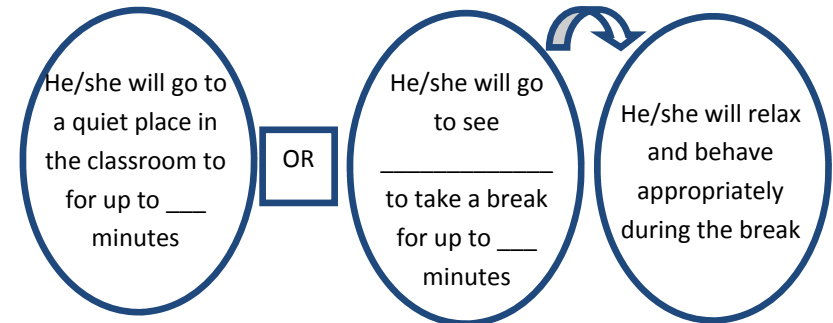
Provide student with appropriate number of Break cards at the beginning of the day



1. Student will raise his/her hand and politely ask the teacher for break time (If he/she does not ask for break time, prompt him/her by saying, "You look like you're getting upset. Do you need to use a Break card?")



2. Student will take a break in one of these ways:



3. At the end of the break, student will go directly back to desk/area in the classroom



4. Reinforce appropriate behavior and use of Break time with verbal praise, record use of break



5. Give Student another Cool Down Card if he/she hasn't used all 3 during the day