I feel sad, tired, hurt, or bored and I need a break.

Break Card

I feel sad, tired, hurt, or bored and I need a break.

Choices:

Stretch

Go on a run

Drink water

Stretch Go on a run Drink water

Choices:

Break Card

Break Card

I feel sad, tired, hurt, or bored and I need a break.

I feel sad, tired, hurt, or bored and I need a break.

Choices:
Stretch
Go on a run
Drink water

Choices:
Stretch
Go on a run
Drink water

I feel frustrated, overwhelmed, hungry, or silly and I need a break.

Choices:
Deep breaths
Drink water/eat snack

Break Card

I feel frustrated, overwhelmed, hungry, or silly and I need a break.

Choices:
Deep breaths
Drink water/eat snack

Break Card

I feel frustrated, overwhelmed, hungry, or silly and I need a break.

Choices:
Deep breaths
Drink water/eat snack

Break Card

I feel frustrated, overwhelmed, hungry, or silly and I need a break.

Choices:
Deep breaths
Drink water/eat snack

I feel good, calm, or ready to learn and I need a break.

Choices:
Deep breaths
Run an errand
Drink water

Break Card

I feel good, calm, or ready to learn and I need a break.

Choices:
Deep breaths
Run an errand
Drink water

Break Card

I feel good, calm, or ready to learn and I need a break.

Choices:
Deep breaths
Run an errand
Drink water

Break Card

I feel good, calm, or ready to learn and I need a break.

Choices:
Deep breaths
Run an errand
Drink water

I feel angry, aggressive, or like I want to yell and I need a break.

Choices:
Go to classroom library
Drink water
Go on a run

Break Card

I feel angry, aggressive, or like I want to yell and I need a break.

Choices: Go to classroom library Drink water Go on a run

Break Card

I feel angry, aggressive, or like I want to yell and I need a break.

Choices:
Go to classroom library
Drink water
Go on a run

Break Card

I feel angry, aggressive, or like I want to yell and I need a break.

Choices:
Go to classroom library
Drink water
Go on a run