

Break Card

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

Choices:
Stretch
Go on a run
Drink water

Break Card

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bored and I need a
break.

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Go on a run
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Break Card

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

Choices:
Stretch
Go on a run
Drink water

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

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 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

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

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