

How to Ask for a Break

It is okay to ask for a break.

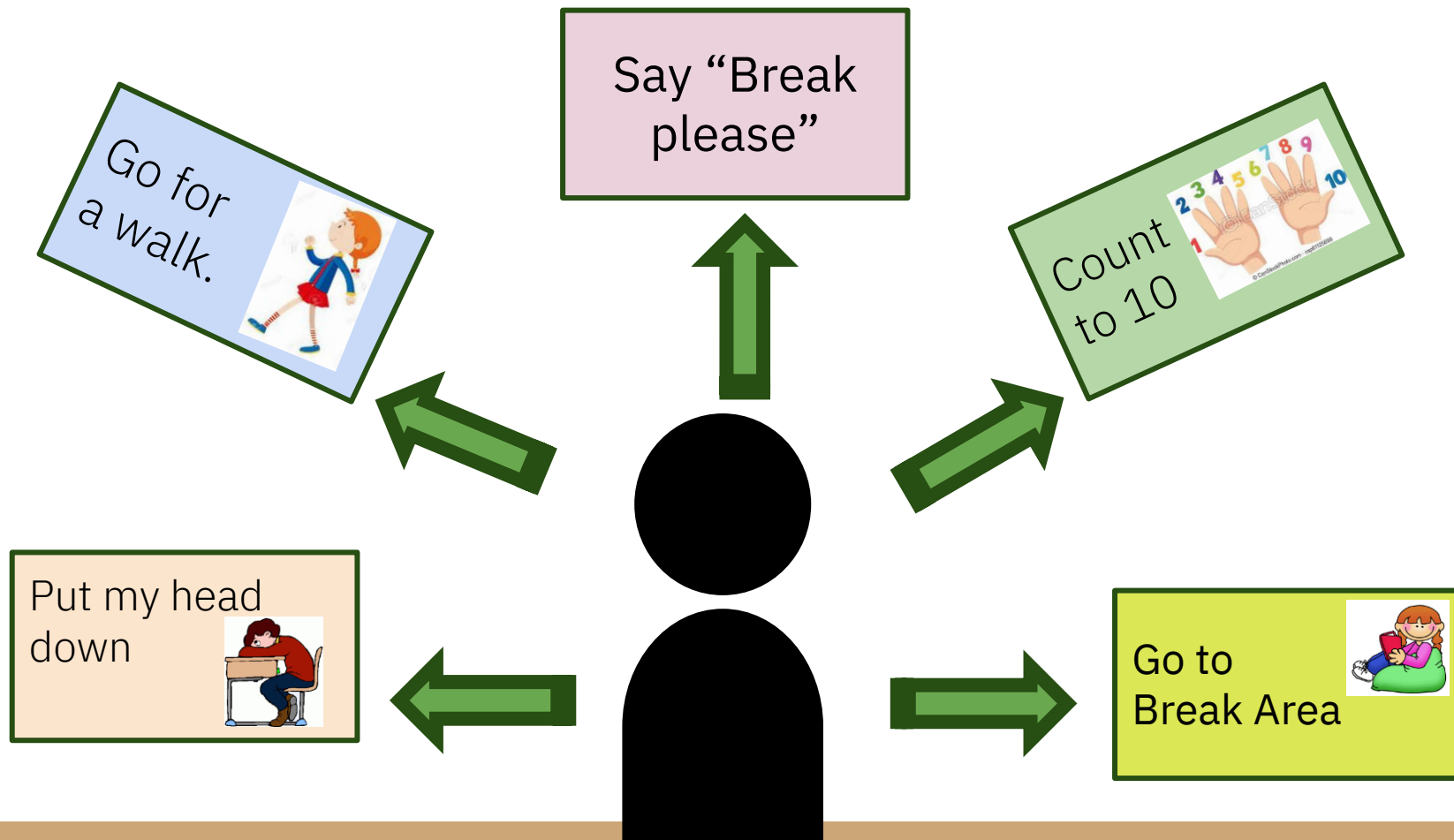
**Sometimes things are hard or I don't feel like
doing my work.**

When this happens I can ask for a break.

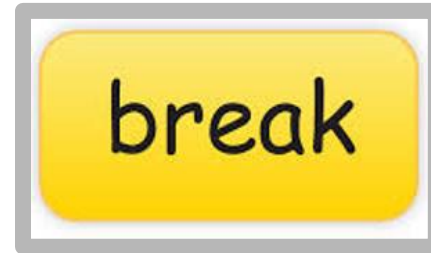
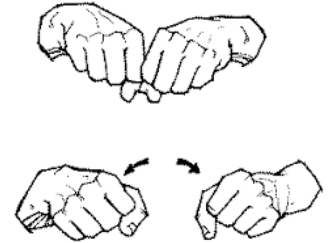
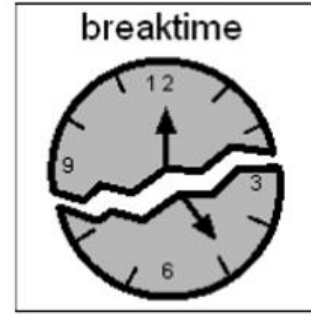
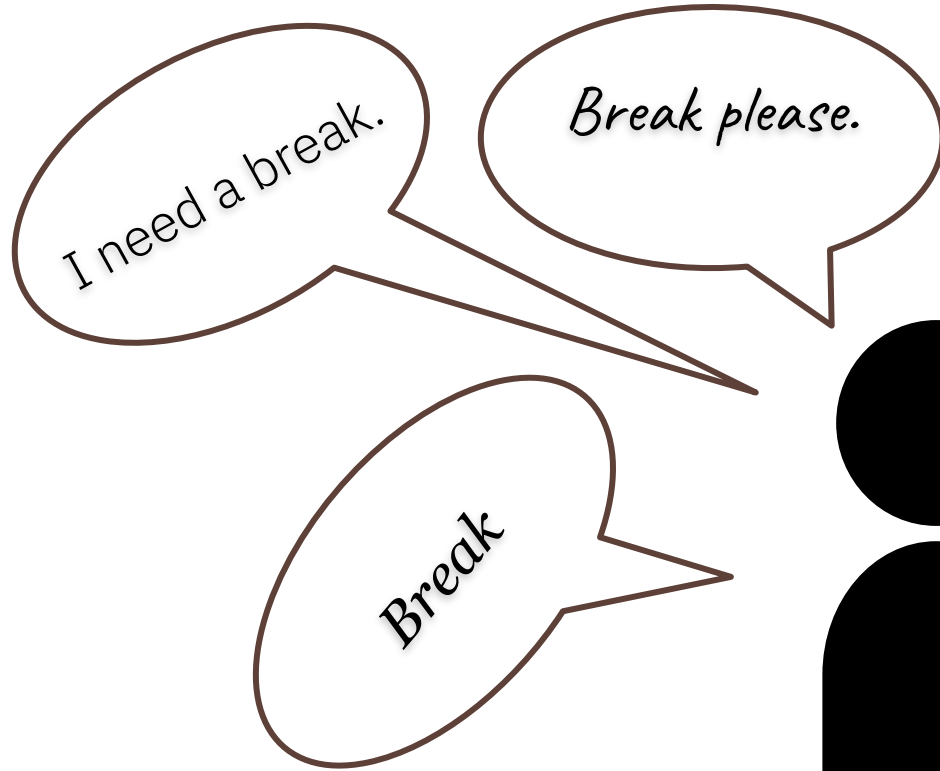
When things are hard or I don't feel like doing my work, I might get
frustrated.

I can ask for a break!

Here are things I can DO when I need a break:



Here are things I can SAY when I need a break:





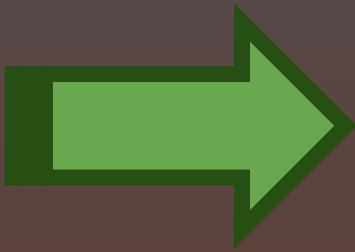
Practicing how to ask for a break

**It is ok to ask for a break
when I need it.**

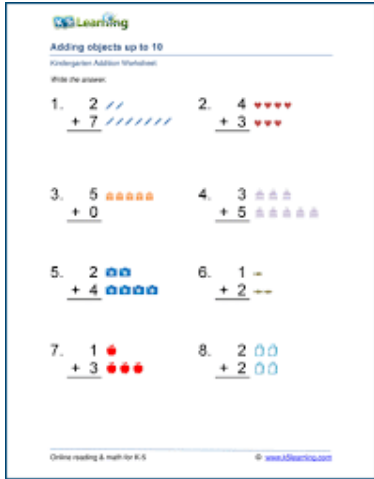
Asking for a Break

Time to Practice!

When I need to take a break, I can:



My teacher gives me a worksheet that is really hard.



How can I take a break?

things to SAY

things to DO

How can I take a break?

I'm really tired and not ready to do my work.



things to SAY

things to DO

A student in class is
making
an annoying noise.

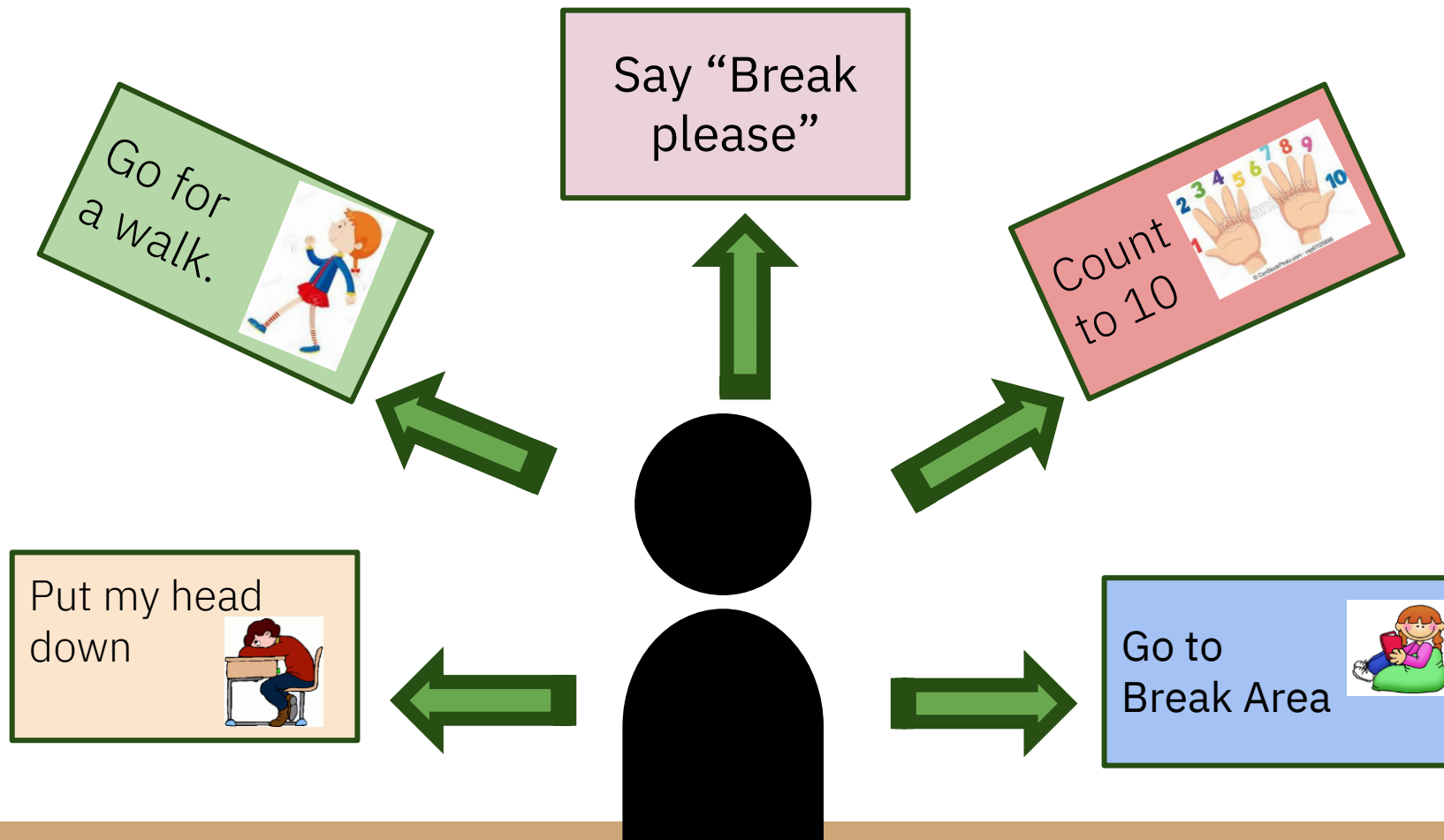


How can I take a break?

things to SAY

things to DO

Here are things I can DO when I need a break:



Here are things I can SAY when I need a break:



help

