

***Print these on card stock and glue together, back to back. Provides a great visual for students when they are dysregulated and need a break to help regulate their body.

It should NEVER be used as a punishment or consequence and should be taught previous to use.

Break Card

Break in the Calming Space

1. Have a quiet voice



2. Sit Calmly



3. Take 10 Slow Deep Breaths



4. Close your eyes and count to 10



5. Do you feel calm?

Yes - Join your class and look to your teacher for directions.

No – Start the break over and signal to your teacher that you need help.