**Breaks are Better:**

**Student Responsibilities**

**Before School**

* Check in each morning with \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Earn points at check-in if you attend check-in and have your signed home note.

**During School**

* Carry your BrB card with you all day
* During class periods, make sure you are working to meet your goals. For example, turn in class assignments and participate in class.
* If you need a break, ask for a break appropriately. Take a break if your teacher gives permission and get back to work when the timer goes off. If your teacher tells you to wait, continue working until a break is okay.
* At the end of each class period, show your teacher your BrB card.

**After School**

* Check out each afternoon with \_\_\_\_\_\_\_\_\_\_\_\_
* Review your BrB card.
* At home, show your parent(s) your homework tracker and have them sign the bottom. Return the signed portion to school the next day.

**Student Signature Date**

**References:**

Anderson, C., & Boyd, J. *Breaks are better: Implementation manual*. Eugene, OR:

University of Oregon. Retrieved from <http://www.warrencountyschools.org/userfiles/1410/my%20files/breaks%20are%20better%20manual.pdf?id=525179>