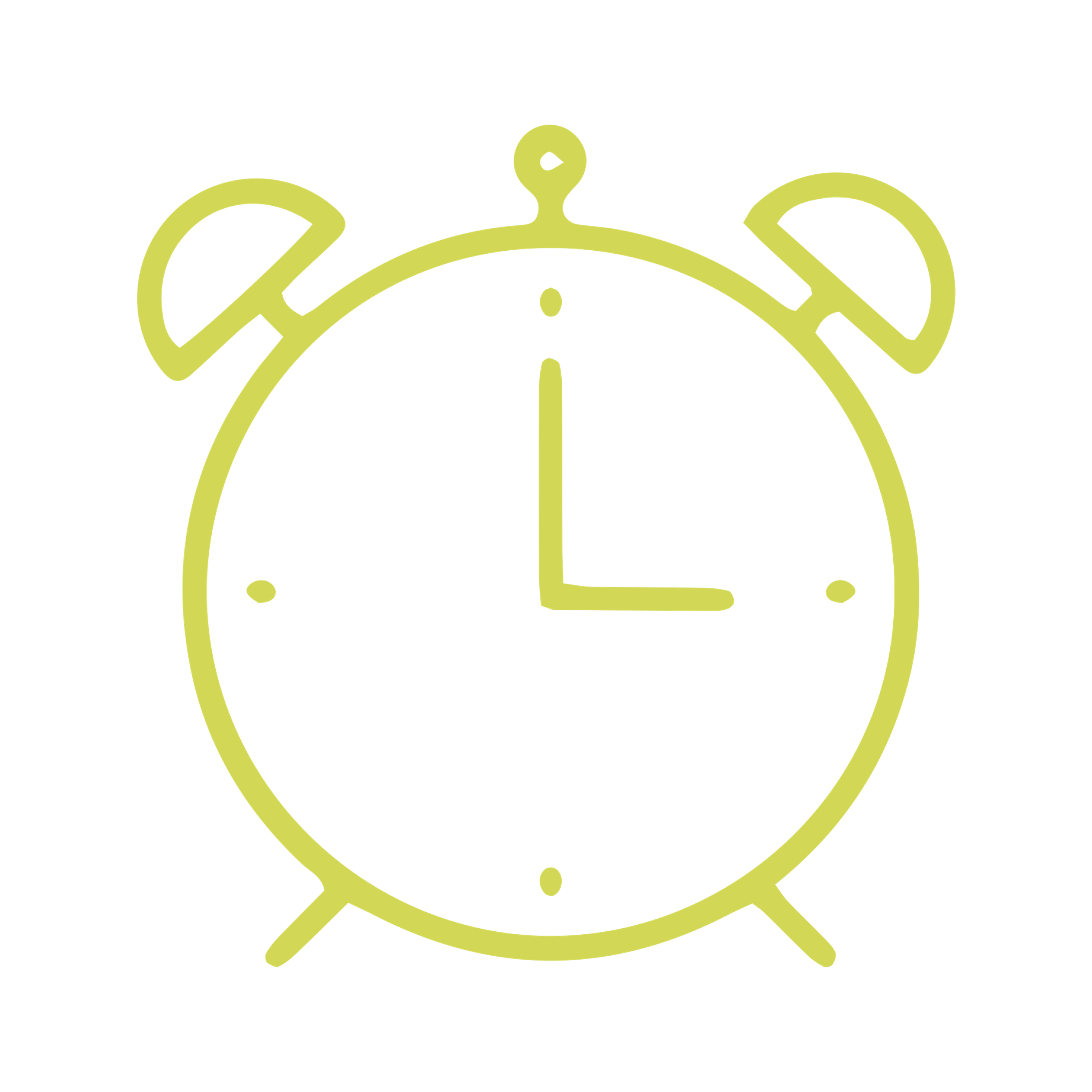
|  |  |
| --- | --- |
| **How I Take A Break**   1. Hold up my **B** 2. Wait for a thumbs-up or thumbs-down 3. If I get a thumbs-up, give my B to my teacher 4. Start my timer      1. Take my break quietly 2. Go back to work when the timer goes off | **My Break Options Are:** |
| **What if my teacher gives me a thumbs-down?**   1. Put my **B** on my desk 2. Start my timer but keep working 3. When the timer goes off, I can hold up my B to ask for a break again |

**Break Routine Card Examples**

|  |  |
| --- | --- |
| **How I Take A Break**   1. Hold up my pointer finger 2. Wait for a thumbs-up or thumbs-down 3. If I get a thumbs-up, cross off a “B” on my point card 4. Start my timer 5. Take my break quietly 6. Go back to work when the timer goes off | **My Break Options Are:** |
| **What if my teacher gives me a thumbs-down?**   1. Put my hand down 2. Start my timer but keep working 3. When the timer goes off, I can hold up my pointer finger to ask for a break again |



**Ask yourself:**

**Is now a good time for a break?**

**Hold up my B card**

**Wait quietly until it is a good time**

**Did the teacher give me a thumbs-up?**

**Start my timer and take my break quietly**

**THAT’S OK!**

**Put my B back on my desk**

**Go back to work when my timer goes off**

**Start my timer but keep working**

**When the timer goes off, I can hold up my B to ask for a break again!**

**YES!**

**Not Really**

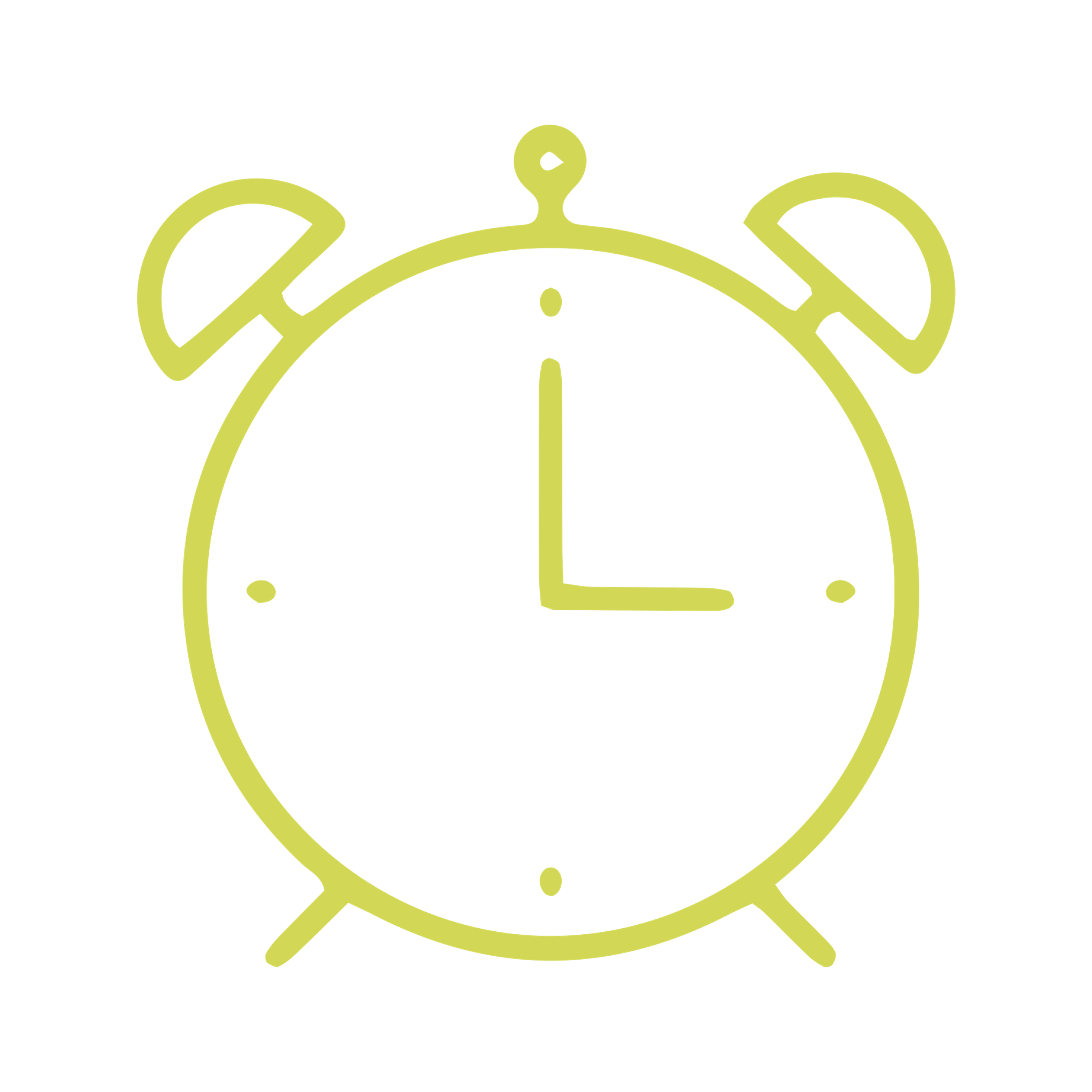
**YES!**

**Not this time**

**MY BREAK OPTIONS ARE:**

**I could really use a break!**

**How to Take a Break**



**Ask yourself:**

**Is now a good time for a break?**

**Hold up my pointer finger**

**Wait quietly until it is a good time**

**Did the teacher give me a thumbs-up?**

**Start my timer and take my break quietly**

**THAT’S OK!**

**Put my B back on my desk**

**Go back to work when my timer goes off**

**Start my timer but keep working**

**When the timer goes off, I can hold up my pointer finger to ask for a break again!**

**YES!**

**Not Really**

**YES!**

**Not this time**

**MY BREAK OPTIONS ARE:**

**I could really use a break!**

**How to Take a Break**