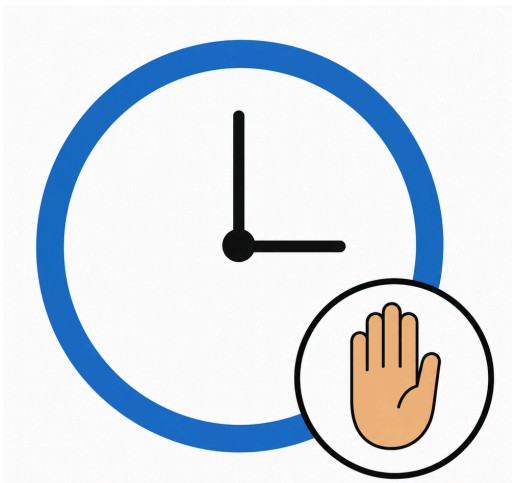
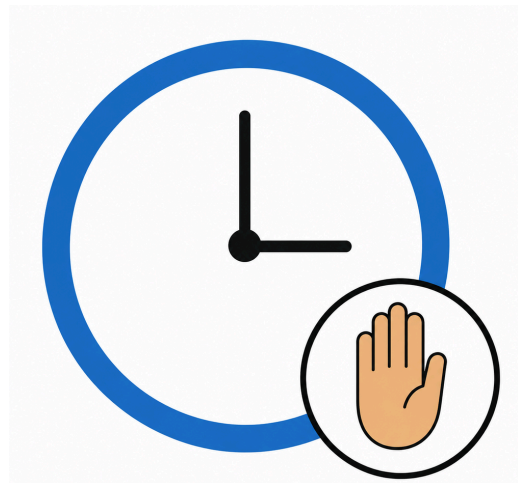


How to Use an "I Need a Break" Card

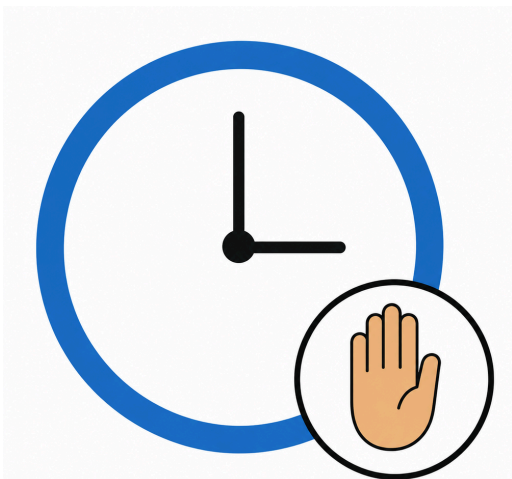
An "I Need a Break" card gives children a simple, appropriate way to communicate when they are feeling overwhelmed, frustrated, tired, or need a short pause before becoming upset. Teach the child to hand the card to an adult or point to it before behaviors escalate. Respond consistently by providing a brief, structured break in a designated calm area, then guide the child back to the activity when they are ready. Keep breaks short (typically 2–5 minutes), use the card consistently across settings, and gradually teach the child to return to tasks independently. The goal is to build self-advocacy and self-regulation—not to avoid work, but to take a brief break and then successfully re-engage.



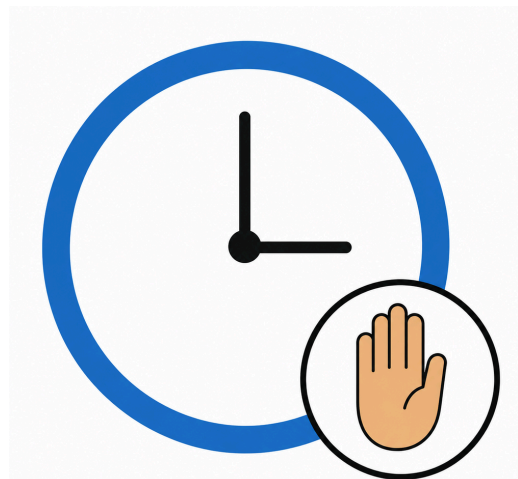
I need a break
Necesito un descanso



I need a break
Necesito un descanso



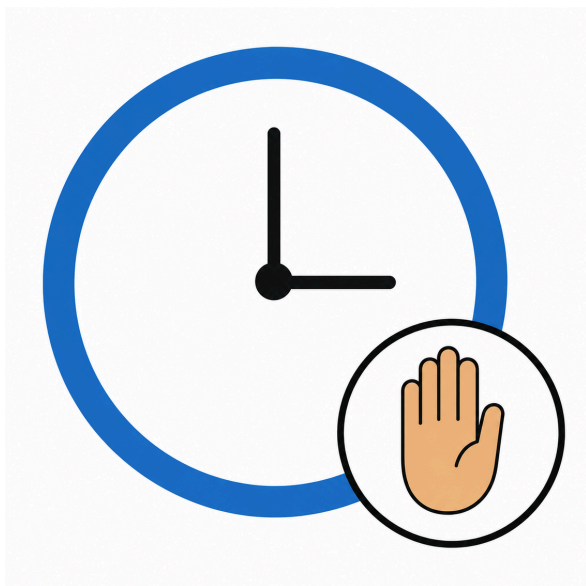
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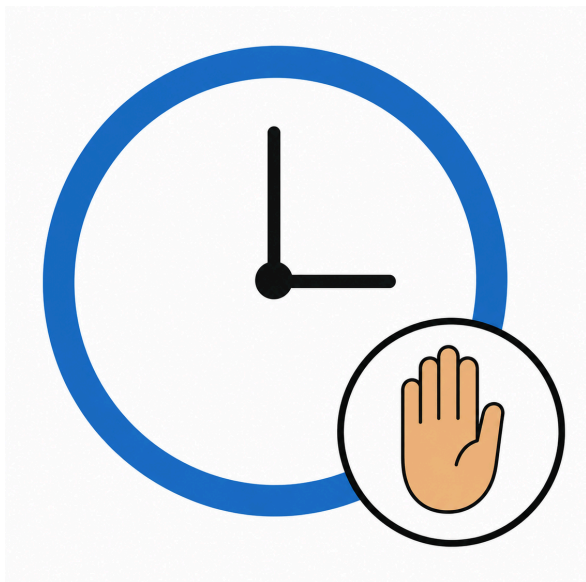
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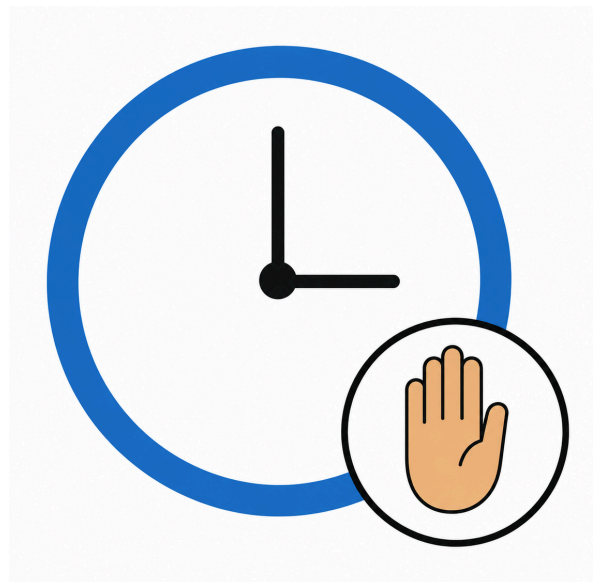
I need a break



I need a break



I need a break



I need a break