**My Break Plan**

1

2

When I am at a 3 on my stress scale, a Break is called a Break.

I can ask to take a Break on my own or a teacher might say, “I noticed you might be at a 3, would you like to take a break?”

I take Breaks in my classroom, in the Break Area and follow my Break Plan.

5

4

3

When I am at a 4 or 5 on my stress scale, a Break is called Refocus.

Teachers will tell me take a Refocus by saying, “I noticed you are at a 4 or 5, it’s time to Refocus”

I Refocus in Rm. ??? and follow my Refocus Plan

Everybody has stress. Everybody takes Breaks when they are stressed. Here is my plan for taking Breaks.

When I am at a 1 or 2 on my stress scale, a Break is called Self-Talk.

Self-Talk means that in my head, I say to myself, “I can keep trying hard on this work” or “I can let small problems go” or “I am trying hard, keep going”