**Take a Break (with Visual Supports)**

Break - 5 to 15 minutes

Purpose:

To help child, who is in the yellow or red zone, to calm down with a break. No demands are placed on child, little talking by adult and no preferred options.

1. Show child Break card when they need a break. If eventually have them give

card to you when they need a break.

2. Show ‘break options’ (pictures/words of options to do during breaks) with no

talking. If the child irritated, wait 90 seconds before talking.

3. Say “Choose” and the child points to a break option. If the child doesn’t make a

choice make a choice for them and point to that choice. i.e. a walk, activity

break, get a drink, listen to music, draw, etc.

4. When finished break, back to class and resume prior task. This work can be very

short but back to the same task, complete a short piece, and move on.

Refer to the next page for examples of break cards.



