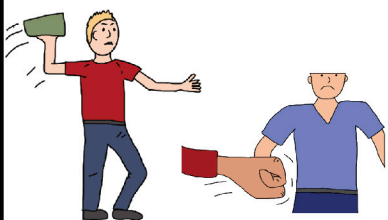


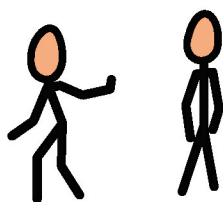
# I Can Ask For a Break



Sometimes things make me angry or upset.



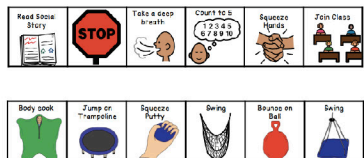
When I get upset, I might throw things or try to hit someone.



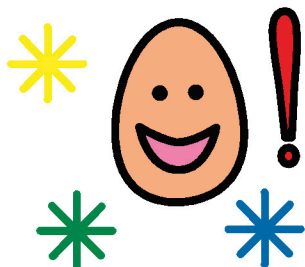
If I throw or hit, I might hurt someone and other kids won't want to be around me.



When I feel myself getting upset or angry, I can use my break card to ask for a break.



When I take a break I can choose an activity to help me calm down.



When the timer goes off, I can go back to my work calmly and my teacher will be proud of me.