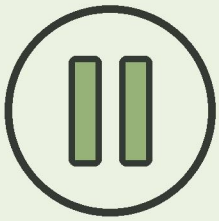
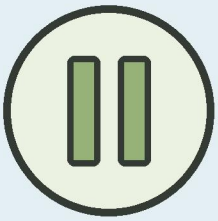
My Break Cards

Hand it over, point to it or tap it to ask for a short break. Cut on the dashed lines and laminate.



I need a break

hand this card to an adult



Break, please

for older students: a quiet signal

Communication cards



I need a break



Help please



Wait



All done

Small break cards (for a lanyard, key ring or the corner of a desk)



Break



Break



Break



Break



Break



Break

Teaching the break card: the short version

1. Teach it when the child is calm, with an easy task: prompt the card, then give the break right away.
2. Honor every request at first, even if it comes 30 seconds into the task. The card has to work.
3. Keep breaks short and clear: 1 to 3 minutes, a timer, one of the choices on page 2.
4. Use the break is over card, then return to the same task, made a little easier if needed.
5. Only when the card is used well, slowly ask for a bit more work first: "Two more, then break."

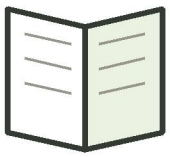
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My Break Plan

Choose one break, set the timer, and come back when the timer ends.

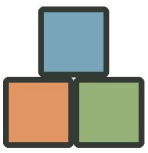
During my break I can: (circle one, or cut out the cards)



Read a book



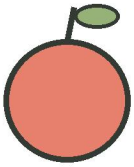
Listen to music



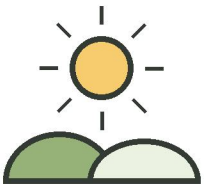
Build



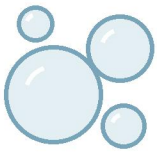
Calm breaths



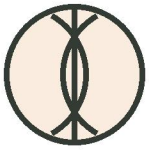
Snack or water



Short walk



Bubbles



Play with a ball

My break timer: _____ minutes

Cross off one circle each minute, or use a sand timer.

1 2 3 4 5

Break is over

Now I go back to:



draw or write

For the adult

Target behavior the card replaces:

_____

Break length: ____ min Where: _____

Work before a break (start at none):

_____

Requests honored today: ____ / ____

Safety note

A break card is a general visual support, not a substitute for a functional behavior assessment or an individual plan. If behavior is dangerous, frequent or getting worse, work with a BCBA, school psychologist or the child's IEP team.

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Liked this free printable?

The complete, ready to print version is here:

Visual Schedule and Behavior Supports, 23 pages with 16 communication cards including I need a break

Holiday sale on Etsy until Dec 2: about $6.44, was $8

Get it on Etsy

etsy.com/listing/4608144175 | instant digital download

See every page first: lotustulip.com/visual-schedule-and-behavior-supports.html

More free printables: lotustulip.com/free-tools.html

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