

Break / Calm Down Sheet

(to be completed after five minutes of break time)

Name _____

Date _____

1. Remember: I am NOT in trouble. In fact, others are proud of me for expressing my need to take a break. Absolutely EVERYONE needs a break and needs to learn what to do when frustrated.

2. What happened that made me feel I needed a break? (any that apply)

- The teacher gave instructions that were not clear / that I did not understand.
- The work was difficult.
- Someone was talking a lot to me and it made me feel stressed or frustrated.
- Someone did not understand what I was trying to say.
- I've just had a bad day and needed a break.
- Other _____

3. What did I do that help myself calm down? (any that apply)

- Rested my head on the desk
- Squeezed a stress ball
- Fidgeted with the magnets
- Closed my eyes
- Squeezed putty
- Asked an adult to slowly rub my back
- Asked if an adult could go on a "no talking" walk with me
- Got a drink
- Listened to calm music
- Covered my ears with my hands so that I would not hear any noises
- Asked the adult if the lights could be dimmed or turned off
- Read a book

4. When I am finished with this sheet, I have four choices. The choice I prefer is:

- to stay in this room to quietly complete my work on my own.
- to stay in this room to complete my work with help from the adults in here, OR
- to return to class to complete my work on my own.

to return to class to complete my work with help.