

{ Take a Break }

A SOCIAL STORY

Written by Brandy Thierry, M.Ed, Cherokee County Schools, Georgia

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**Empowering
Different.™**

RECOMMENDED FOR USE
WITH THE FUN AND FUNCTION
BREAK BOX

Frustrated!

“

Sometimes I feel frustrated.

I feel like yelling or hitting.

Instead of making bad choices and getting into trouble, I can take a break. I can use one of my tools to help me cool down. I need to tell my teacher I am frustrated by using my words, “I am frustrated and need a break.”



Use Reggie Ruler



Stretch in the Transformer Sensory Sack



Wear a Weighted Vest

I can take a deep breath and use my tools to calm myself down. When I am calm, I can have a better day.

Describe what helps when you feel

FRUSTRATED

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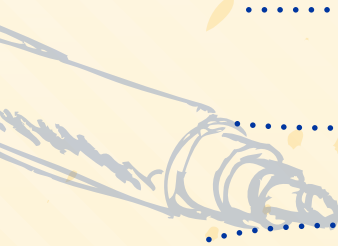
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Draw or show how you feel when you're

FRUSTRATED

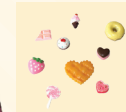


Interrupting

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Sometimes my brain and mouth have lots to say. I want to share my thoughts with everyone.

It is rude to interrupt or yell out when my teacher and friends are talking. To help me control my voice, I can keep my fingers busy and wait until it is my turn to share.



Find the pieces in Discovery Putty



Squeeze or sit on my Fishy Gel Cushion



Wait for my teacher to toss me a scarf when it's my turn

My teacher and friends appreciate when I wait my turn or sit patiently to show I am ready to listen.

Describe what helps you stop

INTERRUPTING

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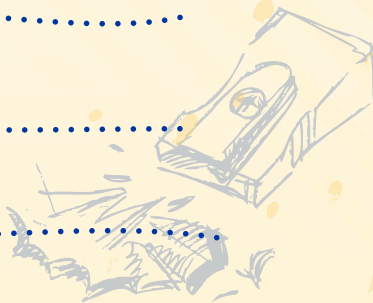
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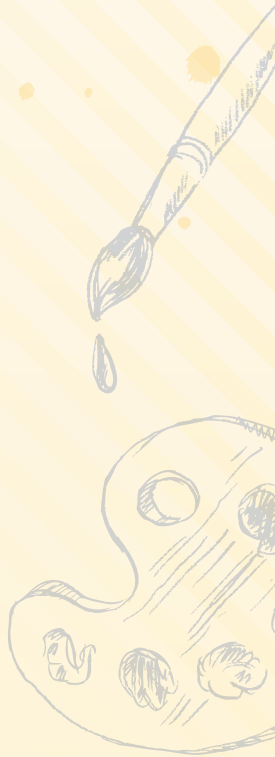
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Draw or show how you feel when you

INTERRUPT



Keeping My Hands to Myself



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Good friends keep their hands to themselves. Touching, poking, rubbing, pulling or hitting others does not feel good to my friends.

When you feel like you can't keep your hands to yourself, it is a good idea to tell your teacher you need a tool to help you control your hands. Busy hands keep you from making bad choices.



Touch all the colors of the Spaghetti Fidget



Play with Calm Putty



Squeeze or toss the Weighted Tactile Bean Bags



Stay in my space with Spot Markers

A good friend respects their friend's personal space, and welcomes friends to play.

Describe what helps when you feel
**YOU CAN'T KEEP YOUR
HANDS TO YOURSELF**

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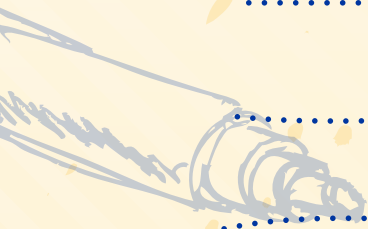
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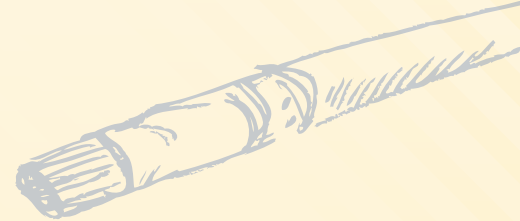
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Draw or show how you feel when
**YOU CAN'T KEEP YOUR
HANDS TO YOURSELF**



Loud Noises

Loud noises can make me feel angry and cause me to not focus on where I am or what I am supposed to be doing. When loud noises make me feel out of control, it is good to let my teacher know that I need headphones.



Use Discovery Disc to calm



Wear Chewy Wristbands to soothe



Wear headphones for quiet

Headphones make me feel calm and allow me to participate with my friends.

“

Loud noises can hurt my ears! Sometimes loud noises come from fire drills, announcements, special events, toilets flushing in the bathroom or even loud talking in the lunchroom.

Describe what helps you calm down when you hear

LOUD NOISES

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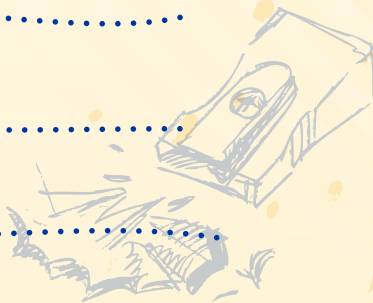
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Draw or show how you feel when you hear

LOUD NOISES



Focus



“

Why can't I get my work done? Sometimes little things distract me from getting my work done. It might be my friends talking, the sound of the air blowing or I am watching what is going on around me.

It is important for me to learn and get my work done so I can do the fun stuff my teacher has planned from me. When I am having a hard time getting my work done, it is ok to ask my teacher for a tool to help me get my work done.



**Wear my Anemone
Sensory Mittens**



**Feel the textures on my
Bumpy Gel Cushion**



**Move through the Crawl-and-Calm
Resistance Tunnel**

Getting my work done will make me feel happy and it will allow me to enjoy the fun things my teacher has planned.

Describe what helps you

FOCUS

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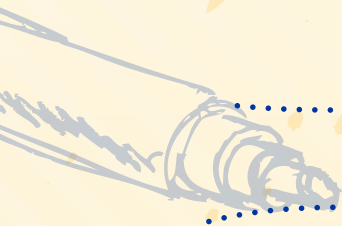
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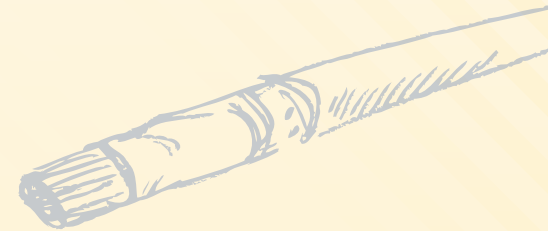
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Draw or show how you feel when you try to

FOCUS



Calm



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Staying calm at school is very important to help make my day the best it can be. Sometimes I feel hyper or excited about learning. When I feel this way, it does not allow me to learn everything my teacher has planned.

Staying calm makes me feel happy inside and I can learn new things. To help me calm down and learn, I can use a tool from the break box.



Find the animals on my FindMe Lap Pad



Feel the soft fur and tail on my Animal Lap Pad



Sit with a Weighted Lap Pad

Once I have my _____ (tool) I find that a feeling of calm comes over me and I am ready to learn. Learning is an important part of my day and makes me feel proud. My teacher is proud of me too.

Describe what helps when you want to feel

CALM

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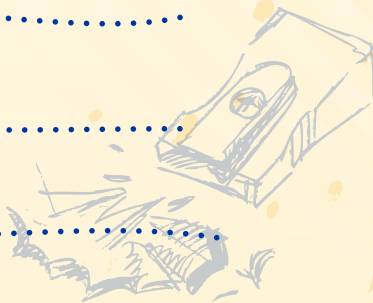
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Draw or show how you feel when you're not

CALM



Waiting My Turn

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When I am at school, it is important that I patiently wait my turn. Waiting my turn shows my friends that I respect them and their time.

When I am waiting my turn, I find that wearing the weighted worm on my shoulders makes me feel like I am getting a big hug. That makes me feel calm and happy. If I choose not to use the weighted worm, I can hold a fidget ball to keep my hands busy while I patiently wait my turn.



Wear a Weighted Worm



Squeeze the Fidget Key Chain Balls



Roll away the wiggles with the Pressure Foam Roller

I know that using a tool to help me wait my turn is helpful to me and shows my friends that I value them.

Describe what helps you
WAIT YOUR TURN

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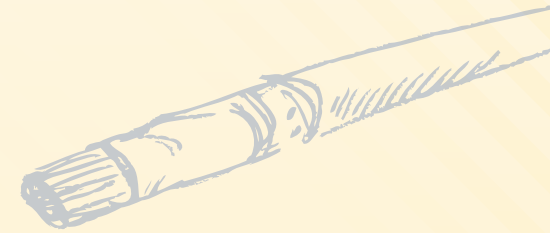
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Draw or show how you feel when you're
WAITING YOUR TURN



Sleepy

When I feel sleepy, I need to use one of my break tools to help me wake up.



**Move with the
Space Explorer**



**Make different shapes with my
Tangram Gel Puzzle**



Wake up with my Pet Massager

I can do my best work when I feel awake and alert.

“

Sometimes my eyes get sleepy and my brain doesn't want to learn. When I feel sleepy, I have a hard time listening to my teacher or getting my work done.

Describe what helps when you feel

SLEEPY

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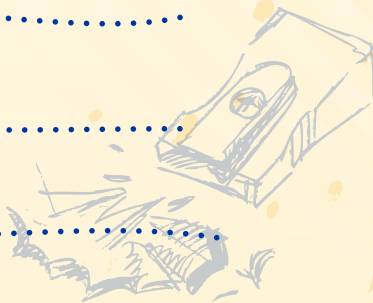
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Draw or show how you feel when you're

SLEEPY



{ Break Box }

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Company/School/Organization:		
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“THE BREAK BAG IS A LIFESAVER! HELPED OUR KIDS CHILL OUT DURING AN 8 HOUR CAR TRIP!”
-- E.S., MOM OF 3 IN NJ

“MANY OF OUR BEST SOLUTIONS ARE NOW IN ONE COMPACT THERAPIST KIT”
-- ILANA DANNEMAN, PHYSICAL THERAPIST AND PRODUCT DEVELOPER

“WITH BREAK BOX, YOU CAN HELP KIDS RETURN TO LEARNING INSTEAD OF SENDING THEM OUT FOR MISBEHAVIOR.”
-- KAREN D., SPECIAL ED COORDINATOR



ORDER FORM

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FunandFunction.com

READY-MADE BREAK BOX OR BAG	Item #	Qty.	Cost	Subtotal
ITEM QUANTITY IS APPROXIMATE, AND MAY VARY				
Early Childhood Break Box (9 tools)	CF6062		\$259.99	
Classroom Break Box - Starter Kit (6 tools)	CF6059		\$105.99	
Classroom Break Box - Standard Kit (14 tools)	CF5943		\$299.99	
Classroom Break Box - Super Kit (20 tools)	CF6119		\$499.99	
Break Bag (5 tools in messenger bag)	CF6068		\$139.99	
Therapist Kit	CF6231		\$252.99	

TRAINING AND CONSULTING	Item #	Qty.	Cost	Subtotal
Training And Consulting - Full Day	CF6146		\$2500.00	
Training And Consulting - Half Day	CF6147		\$1800.00	
Webinar	CF6148		\$500.00	

ITEMS CAN BE ORDERED INDIVIDUALLY TOO!

	Qty.	Cost	Subtotal		Qty.	Cost	Subtotal
Support sensory integration				Tactile Input			
Mega Weighted Lap Pad		\$38.99		Hand-Eye Coordination Scarves (12)		\$19.99	
Find Me Lap Pad - At the Farm		\$34.99		Tactile Bean Bags (set of 5, 1/2 lb. each)		\$19.99	
Find Me Lap Pad - At the Zoo		\$37.99		Spiky Tactile Balls		\$9.49	
Find Me Lap Pad - Dinosaurs		\$39.99		Integrate learning and movement			
Weighted Worm		\$28.99		Discovery Putty - Animal Rescue		\$12.99	
Weighted Tie		\$29.99		Discovery Putty - Grab the Goodies		\$12.99	
Busy Fingers Fidget Lap Pad		\$34.99		Putty Elements - 4 Pack		\$28.99	
Provide calming deep pressure				Wake tired muscles			
Transformer Sensory Sack		\$29.99		Pet Massager Set		\$15.99	
Space Explorer - Small (red)		\$32.99		Pressure Foam Roller		\$22.99	
Space Explorer - Medium (green)		\$35.99		Work out the wiggles			
Space Explorer - Large (orange)		\$40.99		Fishy Gel Cushion		\$19.99	
Space Explorer - X-Large (blue)		\$45.99		Bumpy Gel Cushion		\$19.99	
Space Explorer - Small (animal print)		\$34.99		Sit-a-Round Cushion		\$28.99	
Space Explorer - Medium (animal print)		\$37.99		Spiky Tactile Cushion		\$26.99	
Space Explorer - Large (animal print)		\$42.99		Reduce distraction			
Crawl-and-Calm Resistance Tunnel - L		\$65.99		Noise-reduction Ear Muffs		\$24.99	
Crawl-and-Calm Resistance Tunnel - S		\$39.99		Sensgard		\$19.99	
Rocketship Resistance Play Tunnel		\$99.99		Fidget and release stress			
Regulate mood				Spaghetti Chewy Fidget		\$13.99	
Reggie Regulation Ruler		\$19.99		Busy Fingers Pencil Fidget		\$14.99	
Yoga Deck for Kids on the Ball		\$15.95		Discovery Disc		\$25.99	
Emotions Putty - Calm		\$7.99		Gel Fidget Balls with Keychain (3 pack)		\$24.99	
Emotions Putty - Energize		\$7.99		Other			
Fine Motor Control				20 Qt. Gasket Box		\$18.99	
Blast Off Zipper Trainer		\$24.99		Messenger Bag		\$4.00	
Let's Go Finger Fishing		\$25.99					
Firefighter Dressing Vest		\$29.99					

Subtotal	\$
Shipping 13% Minimum \$8.95	\$
NJ Sales Tax 7%	\$
PA Sales Tax 6%	\$
TOTAL	\$

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☐ Check or Money Order (enclosed) payable to Fun and Function

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