{ 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
Sometimes I feel frustrated.
I feel like yelling or hitting.

Frustrated!

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.”

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

Use Reggie Ruler

Wear a Weighted Vest

Stretch in the Transformer Sensory Sack
Describe what helps when you feel **FRUSTRATED**

Draw or show how you feel when you're **FRUSTRATED**
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

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

Squeeze or sit on my Fishy Gel Cushion

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

Draw or show how you feel when you interrupt
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

Draw or show how you feel when YOU CAN’T KEEP YOUR HANDS TO YOURSELF
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.

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.
Describe what helps you calm down when you hear

LOUD NOISES

Draw or show how you feel when you hear

LOUD NOISES
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.

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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Draw or show how you feel when you try to FOCUS
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.

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.

Staying calm allows 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.

Feel the soft fur and tail on my Animal Lap Pad

Find the animals on my FindMe Lap Pad

Sit with a Weighted Lap Pad
Describe what helps when you want to feel **CALM**

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Draw or show how you feel when you’re not **CALM**
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.

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.

Draw or show how you feel when you’re waiting your turn.
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.

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

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

Wake up with my Pet Massager
Describe what helps when you feel **SLEEPY**

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Draw or show how you feel when you're **SLEEPY**
{ Break Box }  
Sensory Tool Kit  

GET A BUNDLE OF AWARD-WINNING SOLUTIONS TO HELP EACH CHILD SUCCEED!

Our Break Box delivers hands-on tools to re-focus tired, hyper or restless students in class or after school. Customize your own Break Box, or choose from ready-made Break Boxes or Break Bags. Early childhood to teens.

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**Ready-Made Break Box or Bag**

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**Training and Consulting**

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**Items Can Be Ordered Individually Too!**

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<td>Spiky Tactile Balls</td>
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1. [Yes]  
2. [No]  

Payment Method (in U.S. Funds Only):

- [ ] Check or Money Order (enclosed) payable to Fun and Function  
- [ ] American Express  
- [ ] Visa  
- [ ] Mastercard  
- [ ] Discover  
- [ ] American Express Card  
- [ ] Visa Card  
- [ ] Mastercard Card  
- [ ] Discover Card  

Card # Expiration Date CVV Code  

Print Cardholder Name Signature  

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