SPECIAL EDUCATION · K–5TH GRADE · CALM DOWN · 3 OF 5

Break Cards

Cut out the cards. Show a card when you need a break.

Name: _____ Date: _____



✂ Cut on the dashed lines.

I need a break

Get a drink

Take a walk

Quiet corner

Headphones

Deep breaths

Read a book

5 more minutes

 Art © Kevin Coulston