Break ideas

My Break Card

Four cards to cut out. A break with a plan and a clear way back.

My Break Card

Today I need:

- ☐ I move around a bit.
- ☐ I need a quiet spot.
- ☐ I do something simple.

How long:

- ☐ 3 minutes
- ☐ 5 minutes
- ☐ 10 minutes

How I come back:

- ☐ put the card back
- ☐ go back to my seat
- ☐ show the return signal

Just a suggestion. You can pick a different break idea.

Return signal

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Card Backs

Print on the back so each question lines up with its card.

For the teacher

Ask after the break:

What helped?

What would you change next time?

For the teacher

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