

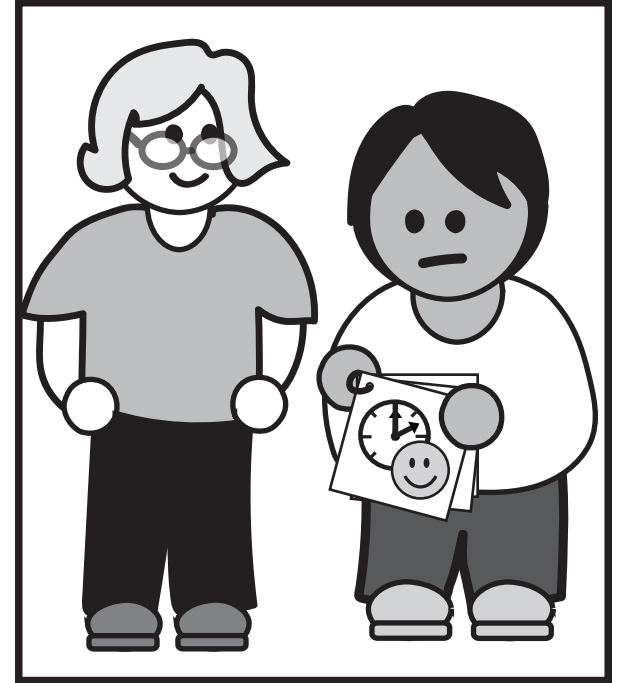
When I Need a Break Social Narrative



Sometimes when I am at church
I may have big feelings.

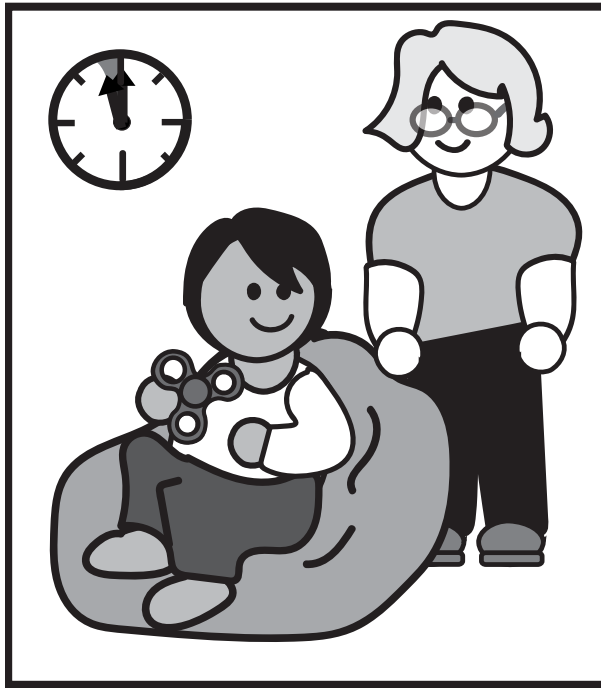


Taking a break can
help calm my body.

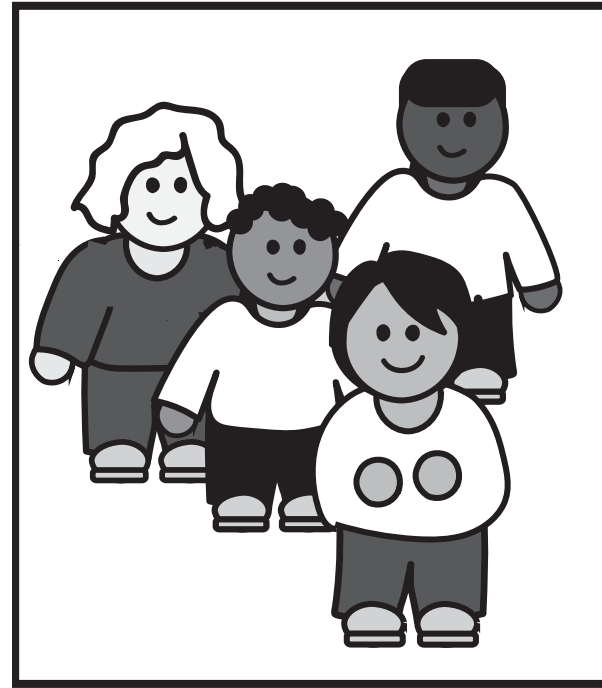


If I need a break, I can ask
my teacher or my buddy. I can say,
“break,” or I can point to a picture.

When I Need a Break Social Narrative



Then I can take a break.



When my body feels calm and safe,
I can join my classroom again.