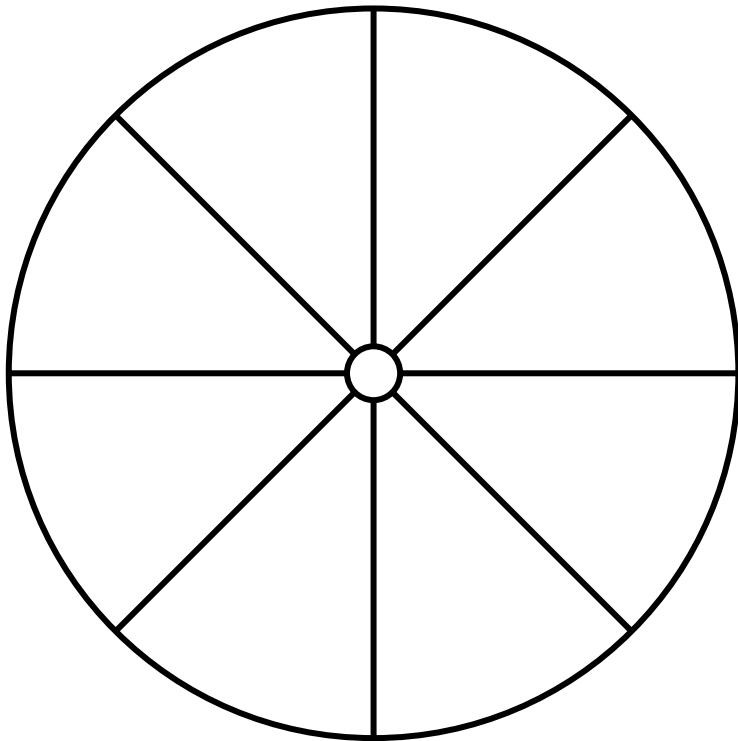


TAKE A BREAK, SELF-REGULATE!

With all the things we do throughout the day, it can be hard to pause and take a break. Taking breaks can be good for your body and your mind. They can help restore your motivation and increase productivity and creativity. These spinners can be helpful reminders for you to take a break. **What you'll need:** scissors, pencil, and tape. **Directions:** 1) Think about eight different ways you like to take breaks and use shapes, symbols, colors, and words to write them into the different sections in Spinner A. 2) On Spinner B, add eight different lengths of time you will take your break. You might want to add short and long times so you can choose based on your needs. You can always continue spinning until a length of time works for you. 3) Cut each spinner out and punch or cut a hole through the center circles. 4) Put tape around your pencil to create a flag. 5) Push your pencil through the center holes. When you're ready for a break, spin and enjoy! If you land on a break or a time that doesn't work for you, keep spinning until it does work for you – there is no right or wrong way.

SPINNER A: What would you like to do on your break?



SPINNER B: How long would you like to take a break?

