

My Daily Helper

Pink Bunny & Friends

Asking for a Break



**A Social Story About
Helping My Brain and Body Rest**

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Things Feel Too Busy



Noise, work, or people may make my body feel overwhelmed.

Ask Together

What can make you need a break?



I Notice My Clues



My ears, heart, muscles, or thoughts may tell me I need a break.

Ask Together

What clues do you notice?



I Pause and Breathe



I stop for a moment and take one slow breath.

Ask Together

Can you practice one slow breath?



I Ask for a Break



I can say “Break please,” show a card, point, or use my device.

Ask Together

How can you ask for a break?



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A Trusted Person Listens



My helper can show me where and how long my break will be.

Ask Together

Who can help with a break?



I Go to My Calm Place



I walk safely to the calm place we chose.

Ask Together

Where is your calm place?



I Use a Helpful Tool



I can use a cushion, headphones, quiet music, or another safe support.

Ask Together

What tool helps your body?



I Stretch and Breathe



I let my muscles soften and give my brain time to settle.

Ask Together

What stretch could you try?



My Break Has an Ending



A timer or helper tells me when the break is nearly finished.

Ask Together

What can show the break is ending?



Great Job - I Return!



I return, ask for help, or take one small next step. I used my voice well.

Ask Together

What can help you return?

