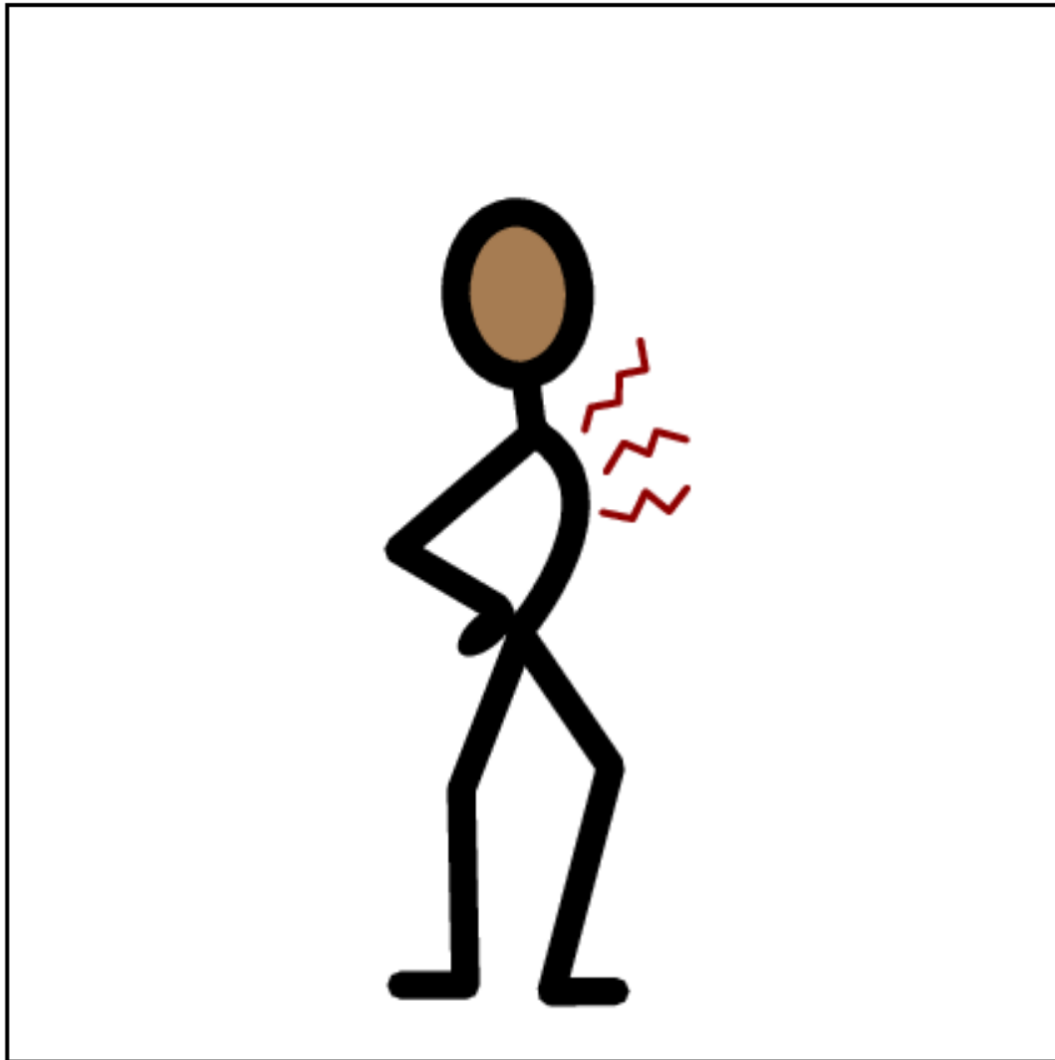


I need a break!

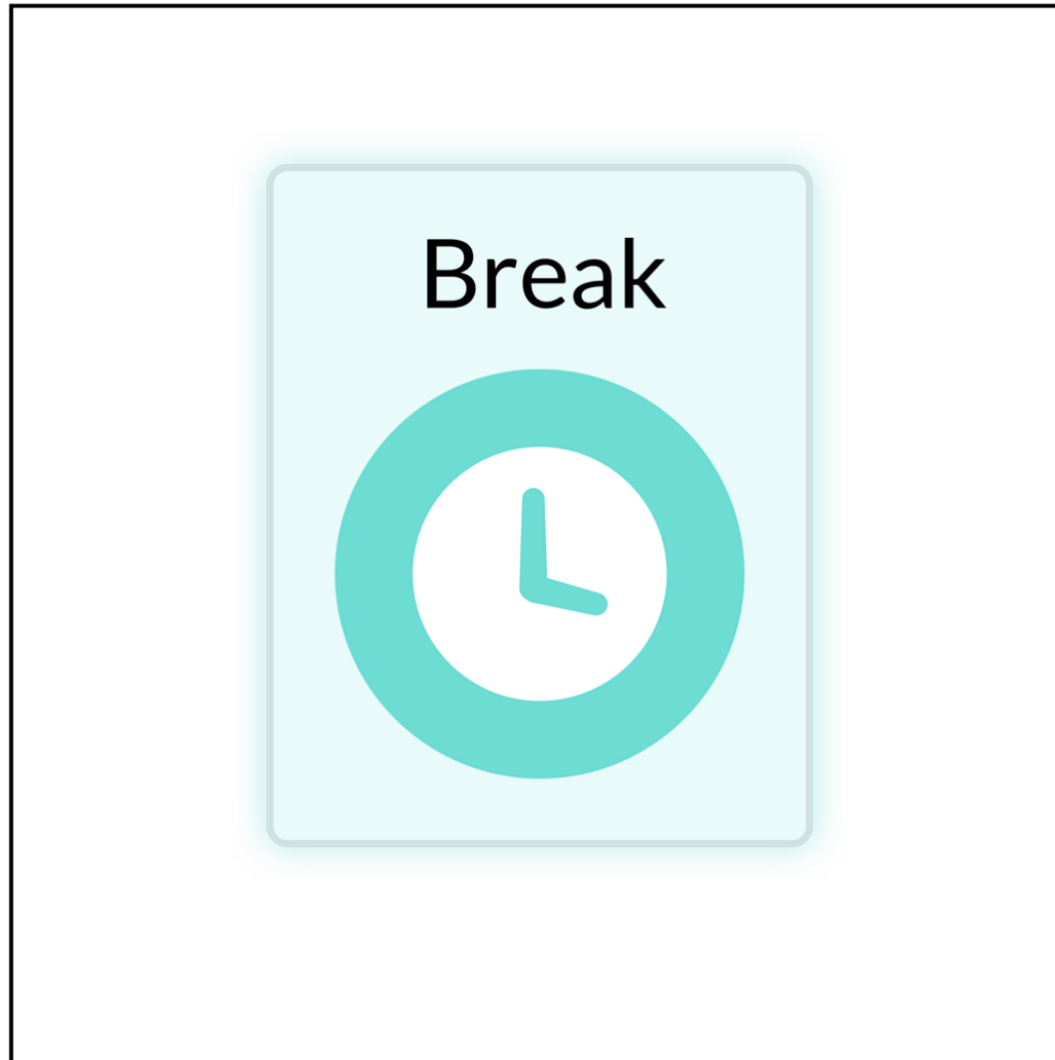


At school, I work at my desk.



Sometimes my chest feels tight.

But that is okay. I know what to do.

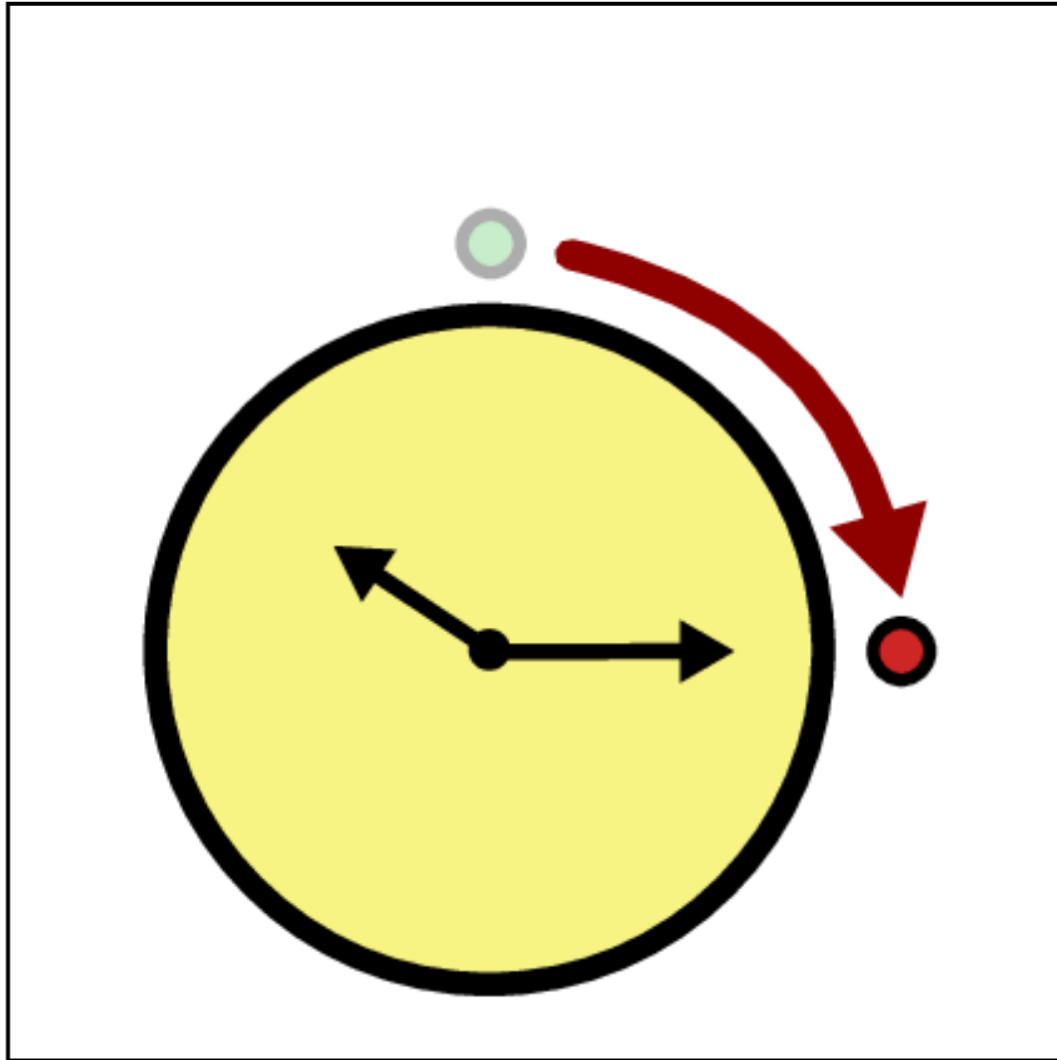


I will use my break card.



I will take a break.

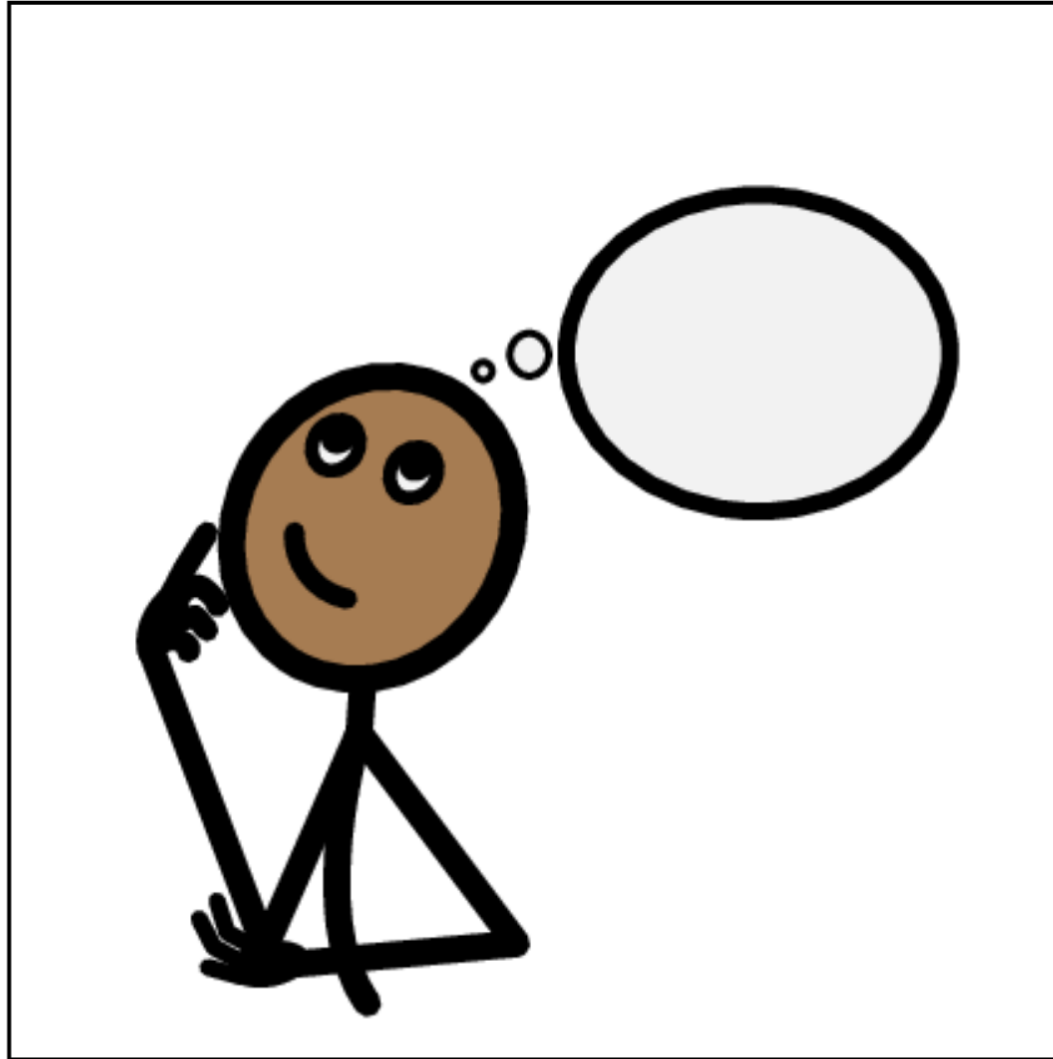
I will be calm and relax.



My break is over. I must go back to work.



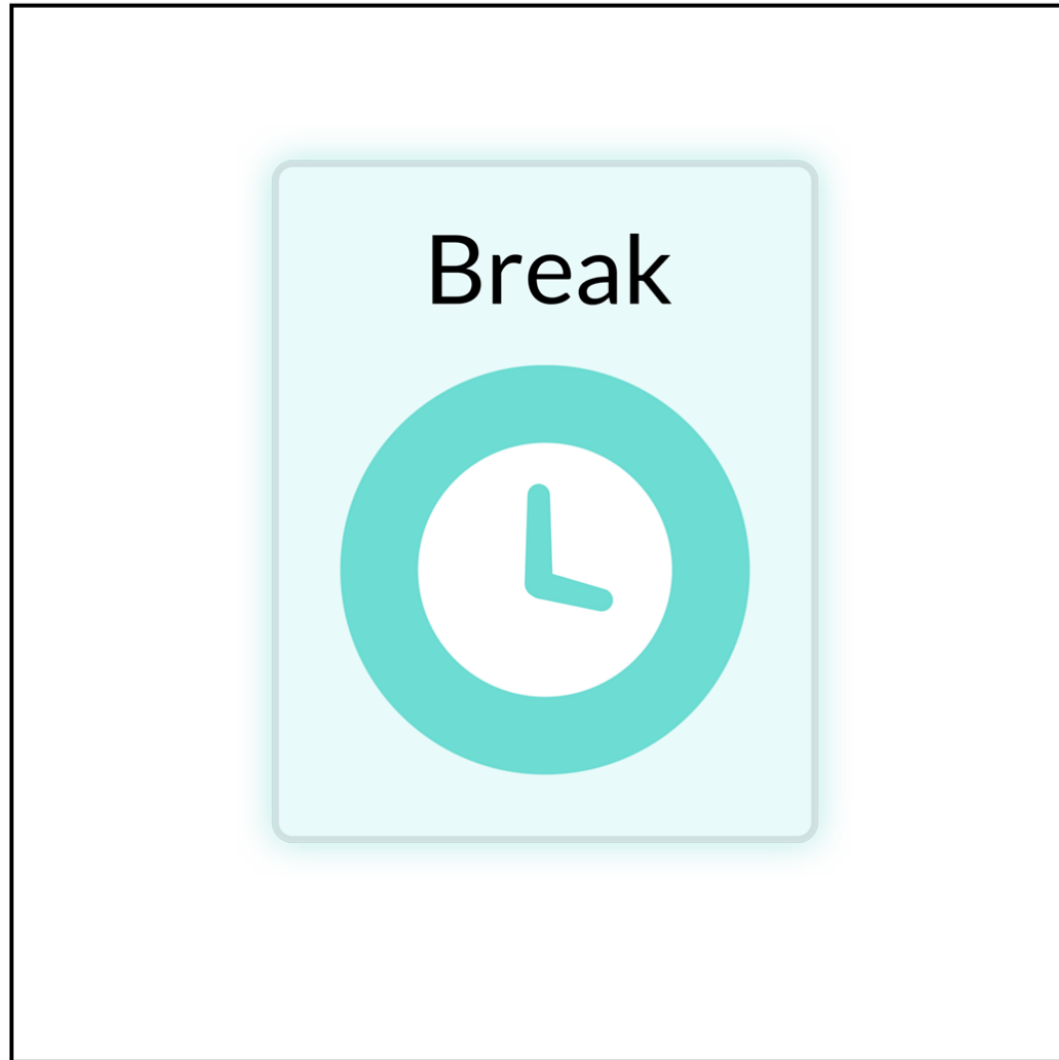
I will go back to work at my desk.



Sometimes I can not focus.

But that is okay. I know what to do.

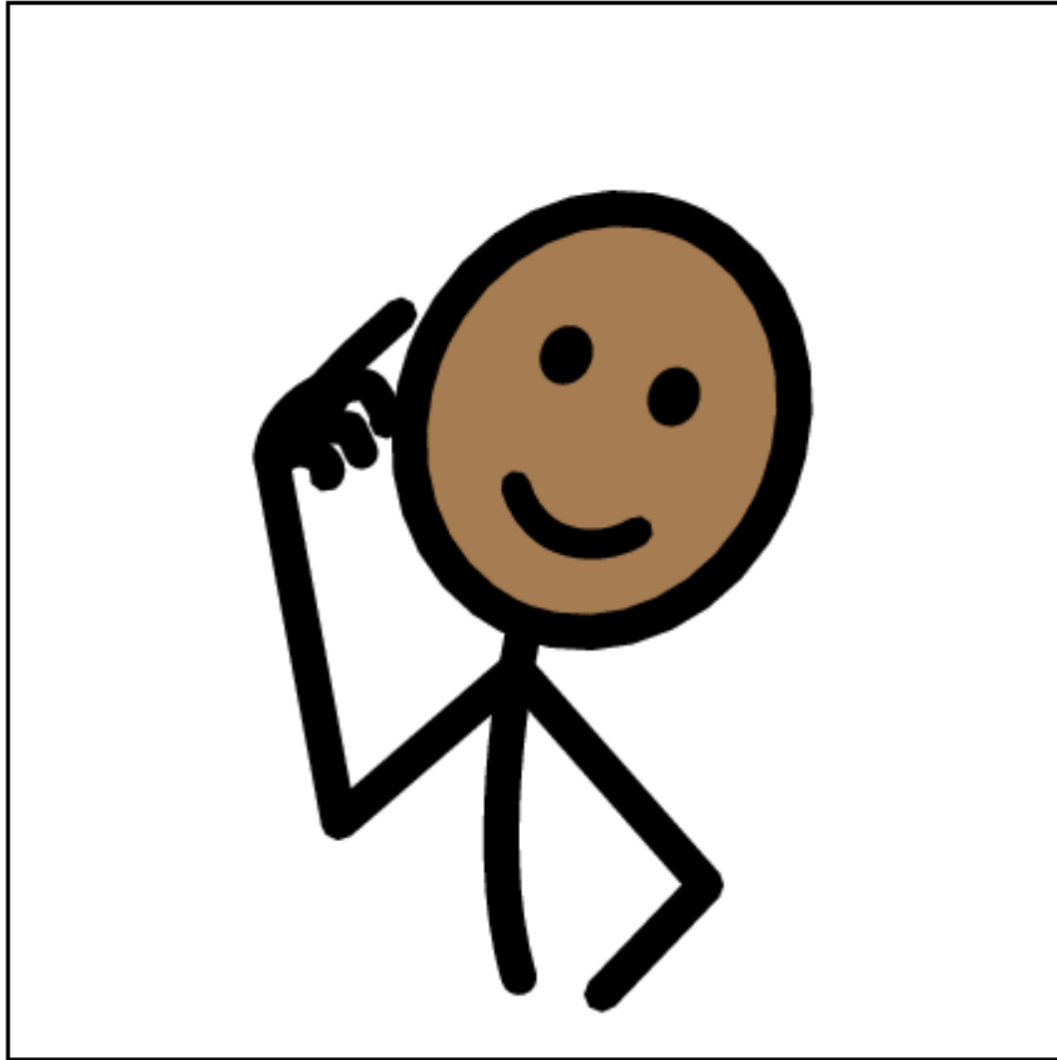




I will use my break card.

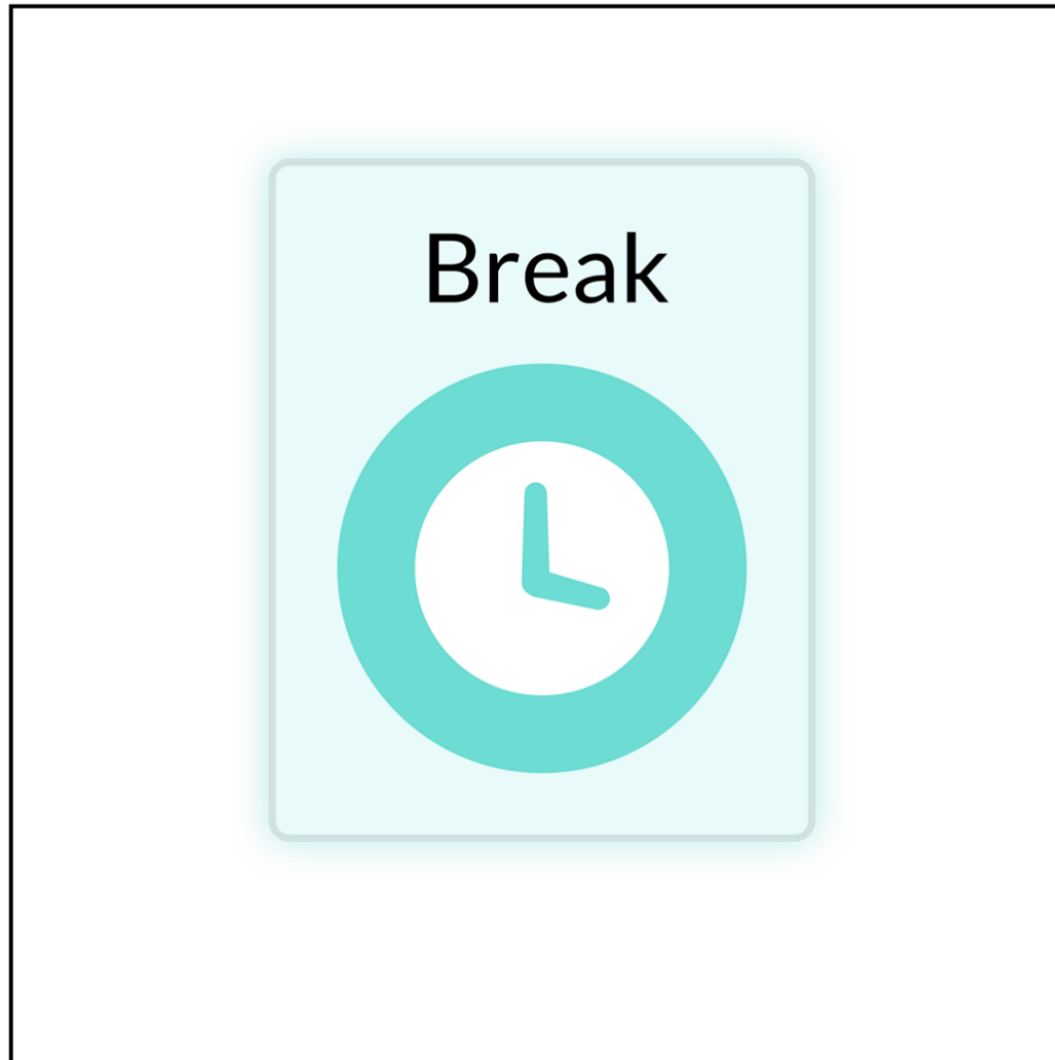


I go back to work when my break is over.



Sometimes I feel frustrated.

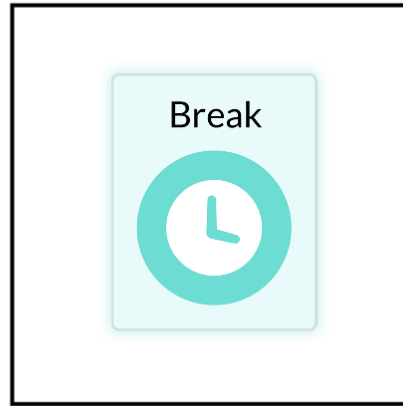
But that is okay. I know what to do.



I will use my break card.



I feel better after my break.



# The End