



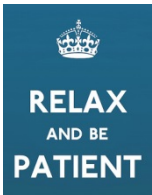
HOW TO TAKE A B.R.E.a.K.

Breathing...Reflection...Engagement...and...Kindness

Name: _____ Date: _____ Time: _____

1. BREATHING

Take your emotional temperature.
Set the timer for the same number
of minutes to relax silently.



10' Aggressive

9' Crying, Yelling

8' Arguing, Refusing

7' Restless or Disengaged

6' Frustrated

5' Worried

4' Confused

3' Lonely

2' Tired

1' Hungry

2. REFLECTION

Know your ABCs and 123s.

A: Antecedent/Trigger -

What happened before you
needed a BREaK?

B: Behavior - How did you
behave after the trigger?

C: Consequence - What
were the effects of your
behavior?



✓ Complete **1, 2, or 3**
Personal Inventories

3. ENGAGEMENT

Achieve competence. Complete a portion
of the work you were doing when you felt
triggered.



4. KINDNESS

Make it right. Apologize. Do a kindness
for someone your behavior may have
hurt. Help someone.



RECORD THIS EVENT ON THE BACK OF THIS PAGE OR IN YOUR JOURNAL.

TIME COMPLETED: _____