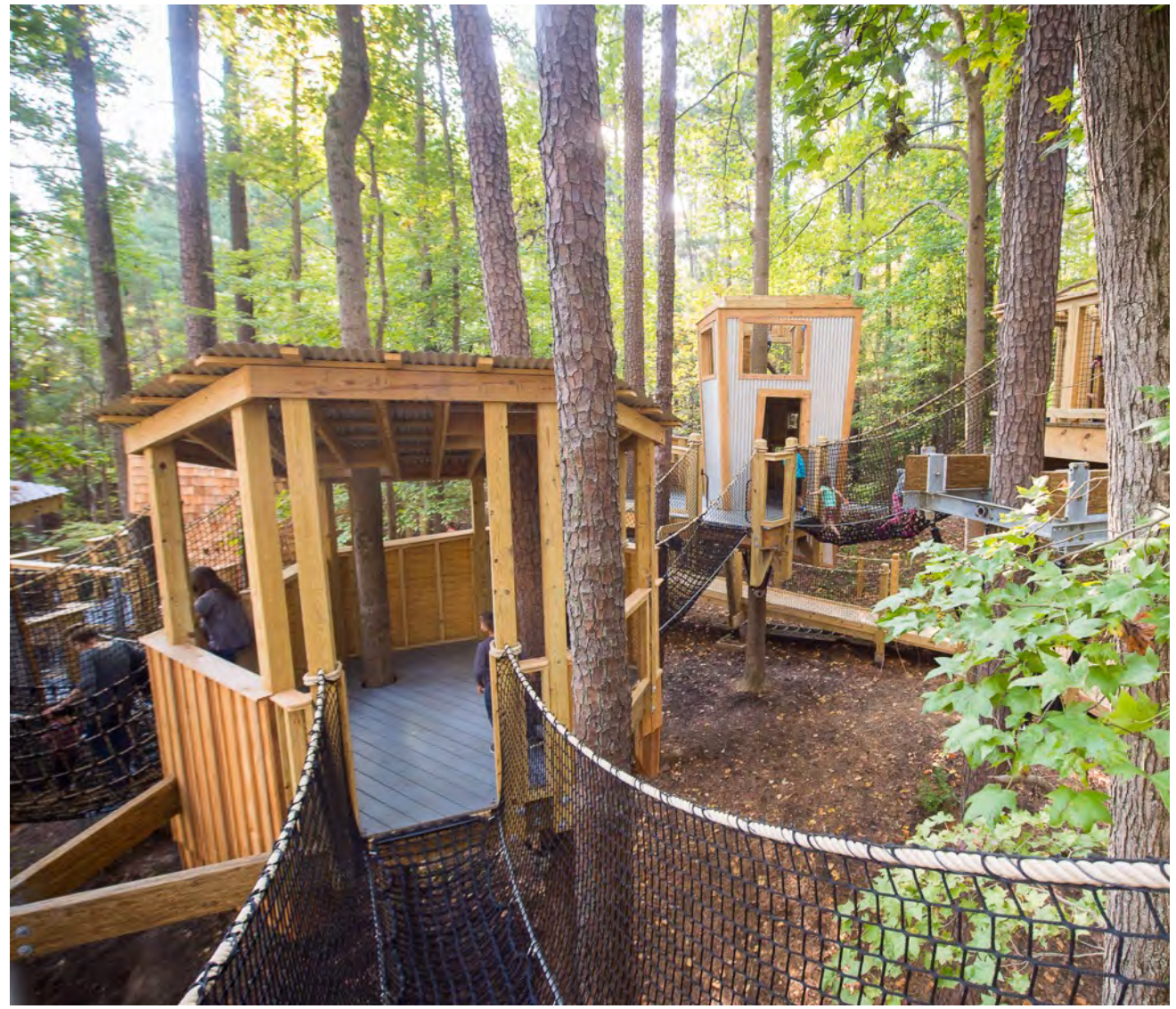




## Social Narrative

# Taking Breaks at the Museum





There are many fun things to do at the museum.  
There are inside activities and outside activities.





Sometimes it gets crowded and loud.





There are other quiet places in the museum, too.  
My adult can look at a map and find quiet areas.





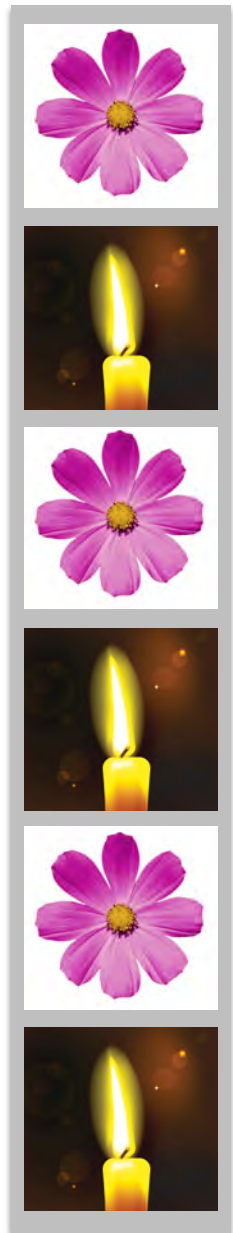
If I am outside at the museum and I need a break, I can sit on a bench.





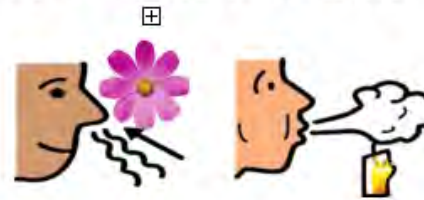
Or I can find a quiet place to play outside.





## Take a Break

- ☐ Take 5 slow, deep breaths



- ☐ Squeeze squishy ball 5 times in each hand



- ☐ Take 5 more, slow, deep breaths



- ☐ Think a happy thought



I am feeling relaxed



↓  
Check Schedule

I am not relaxed

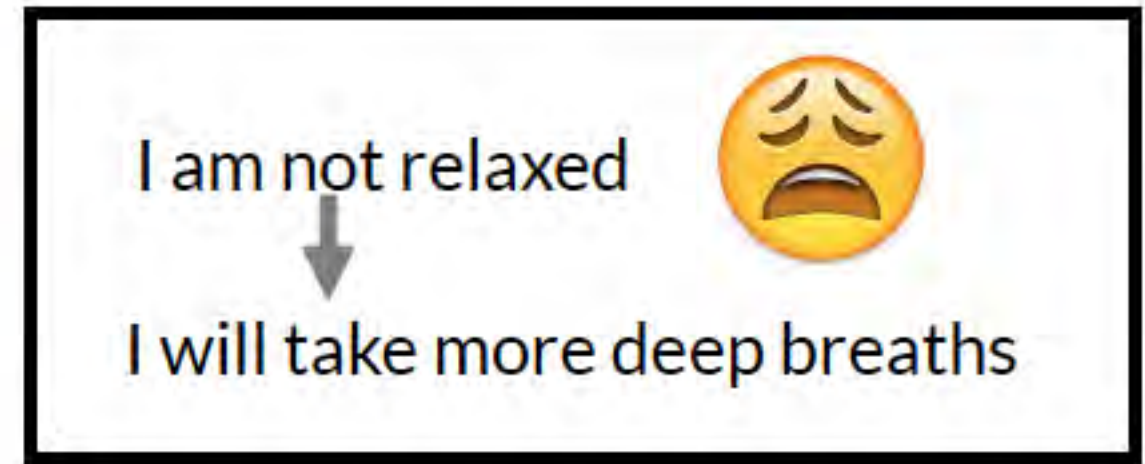
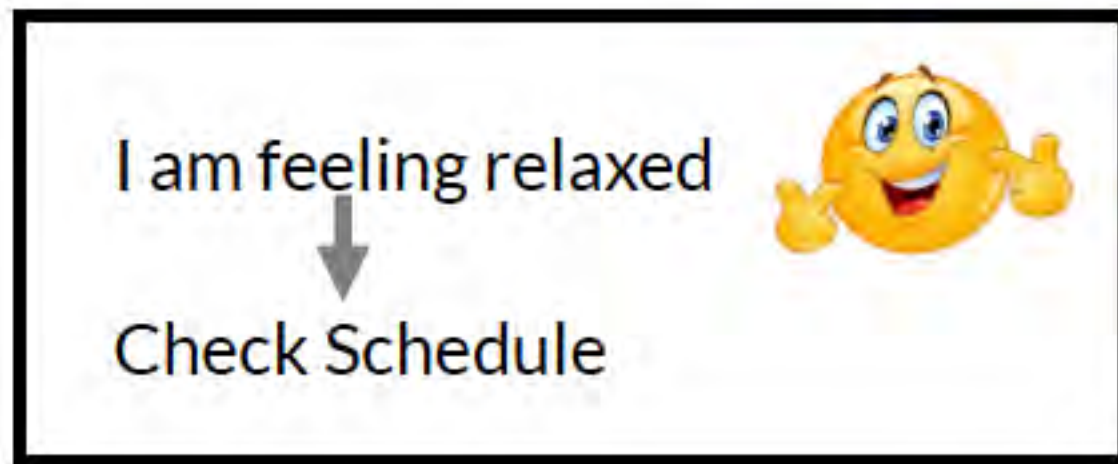


↓  
I will take more deep breaths



There will be special places at the museum where I can take a break. There will be things to help me relax like a breathing strip and squishy ball.





If I am relaxed, I can check my schedule to see what is next.

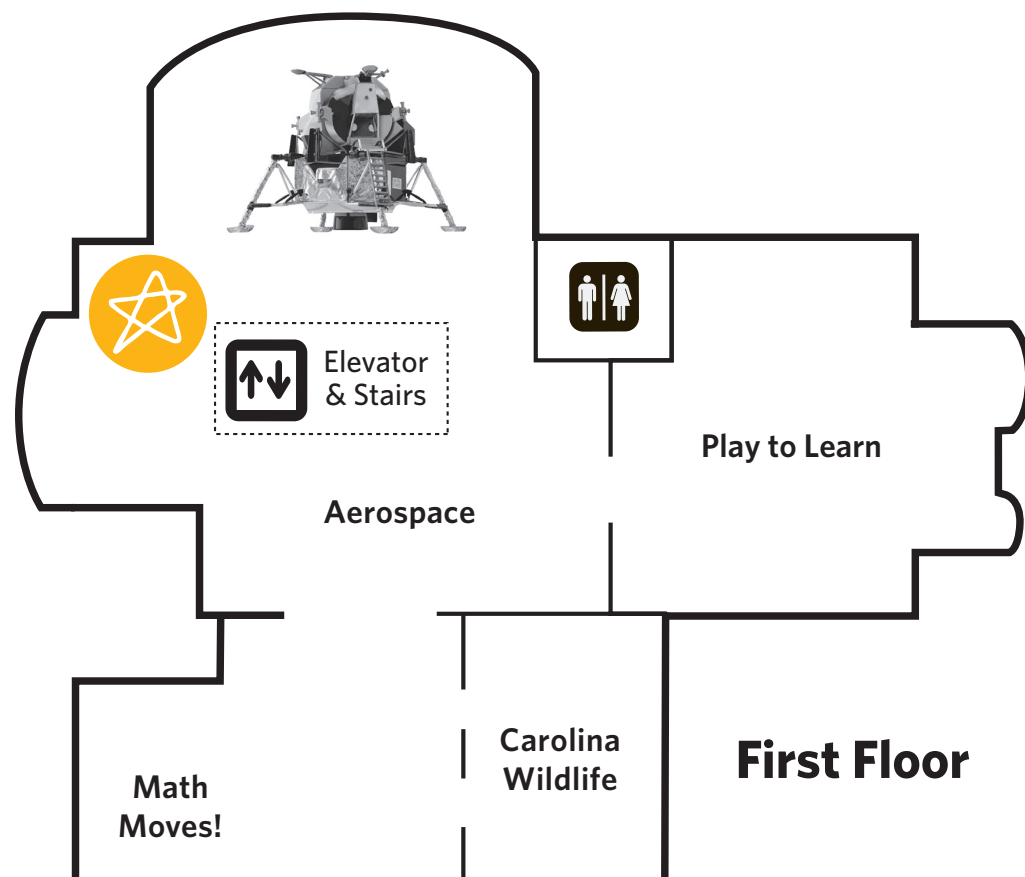
If I feel upset or overwhelmed, I can go through my relaxation steps again.





If I need to take a break at the museum, this is OK.  
There are many quiet places where I can sit for my break.





If it is very crowded or very loud, I might need a break.  
If I am inside the Museum, I can go to the Cool Down Room. It is a quiet place with tools to help me relax.