



TAKING BREAKS



Sometimes it gets crowded or
loud at the museum.



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.



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



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



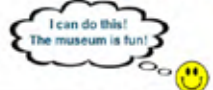
Or I can find a quiet place to play outside.








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 

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I will take more deep breaths

There will be special places at the museum to take a break.

There will be things to help me relax like a breathing strip and a squishy ball.

I am feeling relaxed



Check Schedule



I am not relaxed



I will take more deep breaths



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.