

# I Need A Break

Sometimes I need a break.

Even if I am having fun, sometimes things are too loud.

Or there is too much to look at.

## If I'm Scared.

I can close my eyes.

I can hold my parent's hand.

I can ask mom/dad to go to the lobby.



## If I'm Hungry or Thirsty.

I can tell mom and dad.

I ask to go to the water fountain.

I can get a snack when the play takes a break.



## If I need to use the Bathroom.

I can ask to go to the bathroom in the lobby

## If I Need to Move Around

I can move my legs up and down

I can stand up and wiggle

I can walk around in the aisle near mom/dad

I can play with a fidget toy



Or I can ask to go to the lobby to walk around or wiggle

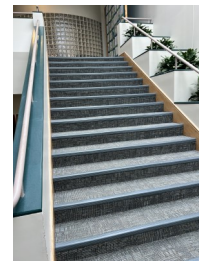


### **If it's Too Loud**

I can cover my ears with my hands

I can put on headphones

Or I can ask to go to a quiet place



### **If there's too much to look at**

I can close my eyes

I can cover my eyes with my hands

Or I can ask to go to a quiet place

