

I need a



break.

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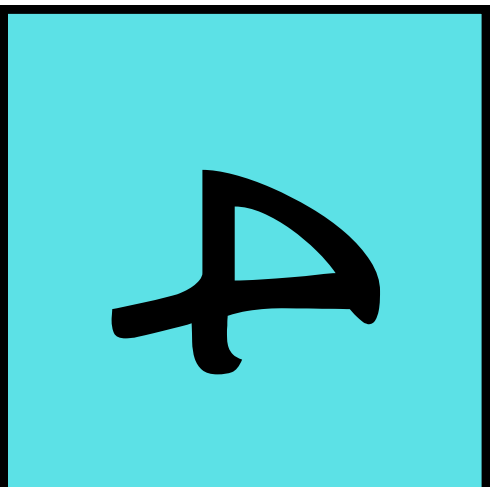
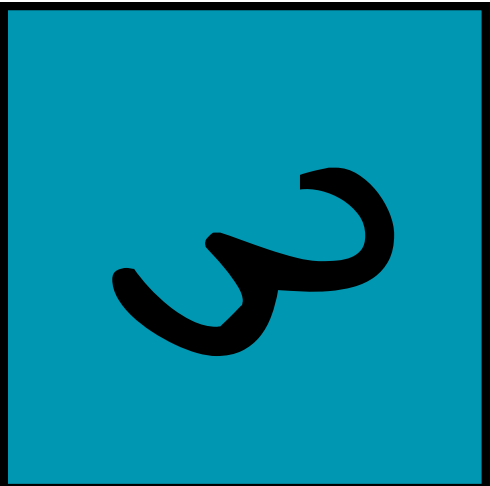
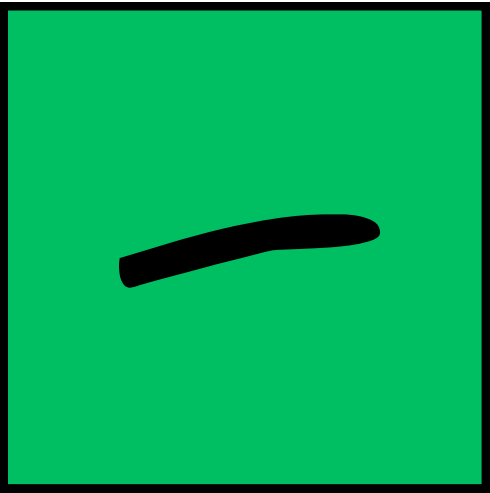
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# “I Need a Break” Poster

Thank you for downloading this FREE resource at ChildCareEd! This resource is intended to teach children about self-regulation and independent time management. For durability, print out the poster and cards and laminate them.

## Materials:

- “I need a break” posters (printed and laminated)
- Time cards (printed, cut out, laminated)
- Velcro strips

## Directions:

- Affix velcro strips to the empty box in the posters and the corresponding strips to the back of the time cards.
- These posters should be placed next to a timer that children can use in the calming corner to indicate how much time they need.

Support children’s self-regulation skills with this set!

