Taking A Break

Sometimes at school I feel frustrated. When I'm frustrated I might say "NO" and yell out. I might scream. When I scream or yell out the other kids cannot do their work. I'm too noisy.
When I feel like this, I need a BREAK. When I take a break I need to go to my break area.

I need to choose a book.  
Read a book  
Sit down and relax and read
When the red is gone on the timer, my BREAK is ALL DONE. When my break is done, I need to join my class again.

A BREAK is a good way for me to do a better job at school. My teacher will like it when I take a BREAK when I need it.