MY BREAK REQUEST CARDS

Portable visual communication • For home, school and community

A clear way to communicate a need

These cards use simple words and bold, colour-coded visual badges. The child or adult can point to a card, hand it to someone, or keep it nearby as a reminder of a message they want to communicate.

I NEED A BREAK

PAUSE

Please give me a break.

I AM READY

READY

I am ready to come back.

How to use the cards

• **1. Keep them within reach.** Place a small set on a ring, lanyard, desk or in a pocket-sized pouch.

• **2. Practise when calm.** Model pointing to, handing over or selecting a card before it is urgently needed.

• **3. Respond to the message.** Acknowledge a break request and help the person access an appropriate break.

• **4. Personalise the break.** A break may mean quiet, movement, headphones, water, space or time away from a demand.

• **5. Support the return.** Use the READY card when the person indicates they are ready. Do not use it to rush them.

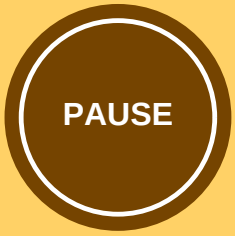
Important: Accept speech, gestures, AAC, signs or card selection. The person does not need to use a card perfectly to have their need respected.

Print • Cut • Laminate • Attach to a key ring or lanyard

PORTABLE BREAK REQUEST CARDS

Cut out each card. Select the messages that are useful for the individual.

I NEED A BREAK



Please give me a break.

Point to it, show it or hand it over.

QUIET PLEASE



I need less noise.

Point to it, show it or hand it over.

TOO LOUD



The sound is too loud.

Point to it, show it or hand it over.

TOO BRIGHT



The light is too bright.

Point to it, show it or hand it over.

Keep communication cards available in every setting where they may be needed.

PORTABLE BREAK REQUEST CARDS

Cut out each card. Select the messages that are useful for the individual.

SPACE PLEASE



I need more space.

Point to it, show it or hand it over.

HELP ME



Please help me.

Point to it, show it or hand it over.

I FEEL OVERWHELMED



I need time to feel calm.

Point to it, show it or hand it over.

MOVEMENT BREAK



I need to move my body.

Point to it, show it or hand it over.

Keep communication cards available in every setting where they may be needed.

PORTABLE BREAK REQUEST CARDS

Cut out each card. Select the messages that are useful for the individual.

DRINK PLEASE



I need some water.

Point to it, show it or hand it over.

TOILET PLEASE



I need the toilet.

Point to it, show it or hand it over.

OUTSIDE PLEASE



I need fresh air.

Point to it, show it or hand it over.

HEADPHONES PLEASE



I need my headphones.

Point to it, show it or hand it over.

Keep communication cards available in every setting where they may be needed.

PORTABLE BREAK REQUEST CARDS

Cut out each card. Select the messages that are useful for the individual.

QUIET PLACE



I need a quiet place.

Point to it, show it or hand it over.

NOT YET



I need a little more time.

Point to it, show it or hand it over.

STOP PLEASE



Please stop for a moment.

Point to it, show it or hand it over.

I AM READY



I am ready to come back.

Point to it, show it or hand it over.

Keep communication cards available in every setting where they may be needed.

MAKE YOUR OWN BREAK CARDS

Write a message and add a photo, drawing or symbol familiar to the person.

MY MESSAGE

Draw or add a picture here

Words: _____

MY MESSAGE

Draw or add a picture here

Words: _____

MY MESSAGE

Draw or add a picture here

Words: _____

MY MESSAGE

Draw or add a picture here

Words: _____

MY MESSAGE

Draw or add a picture here

Words: _____

MY MESSAGE

Draw or add a picture here

Words: _____

Ideas: “I need my comfort item”, “Please wait”, “I need my communication device” or another message that helps the person express a need.