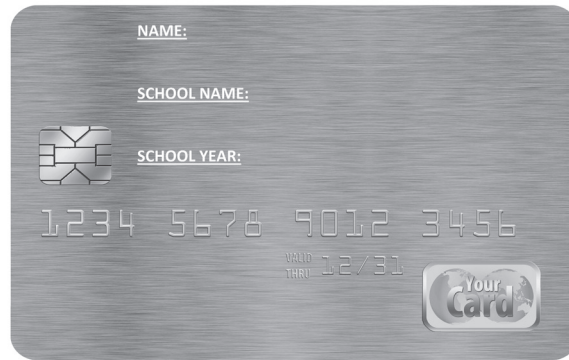


FIGURE 4.6 Break Pass Strategy Card for Elementary Students



Keep your Break Pass Card on the side of your desk.

When you are feeling like you cannot concentrate anymore, put the card on top of your desk. Take a short break and think about something else for a minute or two.

Return your card to the side of your desk.

Resume working on your assignment.