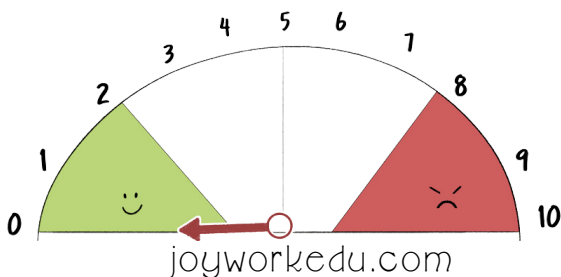


# BACK TO ZERO BREAK TICKETS

Break tickets can be an effective tool for helping students regulate their feelings and emotions. Offering this coping technique is valuable in learning environments because students face daily challenges and may become overwhelmed. If you intend to incorporate break cards as a structure in your classroom, keep in mind that students must be explicitly taught the purpose of the tool.

## Here are some ideas to remember:

- Plan how you will teach the purpose of the break tickets.
- Remember that students will not develop the skills to use this strategy at the same rate, be patient as you build their capacity.
- Observe how your students use the structure and provide feedback or adjust when needed.
- Student voice is important throughout the implementation process. Gather their ideas on such things as options for breaks, and accessibility of tickets.
- Create a safe space for talking about coping strategies from day one using *Back to Zero* as a guide.





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# BACK TO ZERO BREAK TICKETS

