



David and the Break Chart Buddies

by Amanda Watkins



David, a boy with messy, dirty blonde hair, sat at his desk, staring at a challenging math problem. Frustration bubbled inside him like a volcano. He wanted to escape, to run away to the Lego table in the corner.



Suddenly, David pushed back his chair, ready to bolt from the classroom. His teacher, Ms. Sunshine, noticed and gently called his name. "David, remember our plan?" she asked.



Ms. Sunshine pointed to David's behavior chart, filled with colorful stars. Each star represented a good choice, a moment he stayed in his area, or completed a task. He knew a fun break was waiting for him.



David took a deep breath, remembering the words they practiced. "I feel frustrated," he said to Ms. Sunshine. "This math is hard."



Ms. Sunshine smiled and offered David a choice: take a short break to build a Lego creation or ask a friend for help. David chose a few minutes with his Legos and set to work, his frustration melting away.



After his break, David returned to his seat, feeling calmer and ready to tackle the math problem. He knew now that facing challenges and using his words helped him feel better, and earn fun breaks.