

Asking for a Break

at Gymnastics



Sometimes at gymnastics we need a break.



Some reasons we might need a break are because:

We are tired



It is too loud

We feel overwhelmed or worried



There can be many reasons we might need a break and it is ok to ask for a break.

When we ask for a break, we can say “I need a break please” or “break please”.



Sometimes, it is hard to use our words so we might use a picture to ask for a break.



We can give this picture to our coach and then they know we need a break.

They might ask us what we want to do for our break.



Then we take a break, we might be able to:

Sit in a quiet space



Have a drink

Help the coach



Sit and watch the group

The coach might tell us how long we can have a break or they might set a timer.



After we have our break, we come back to our group and join in.



When we ask for a break it can help us to feel better
and means we can join in and learn more at
gymnastics.

