



May I please take a 5 minute break?

I'll set my alarm for 5 minutes & return to my task/rejoin the class after 5 minutes.

If I need more time, I'll ask permission before taking it.



I can't talk right now as I'm feeling distressed.

I'm not intentionally ignoring you.

I need some time to myself in a quiet & safe place to calm myself down.

I'll set my alarm for 5 minutes & return to my task/rejoin the class when my alarm goes off.



I can't talk right now.



There's been an unexpected change to a class, a plan or an event.

May I have some time alone to process this change?

I'll set my alarm for 5 minutes & return to my task/rejoin the class when my alarm goes off.



I can't talk as I'm feeling distressed or overwhelmed.

I can't answer you.

I need some time to myself in a quiet & safe place to calm myself down.

I'll set my alarm for 5 minutes & return to my task/rejoin the class when my alarm goes off.





Sensory overload



May I please to go to a quiet & safe place or for a walk outside to get some fresh air?

I'll set my alarm for 5 minutes & return to my task/rejoin the class when my alarm goes off.

If I need more time, I'll ask permission before taking it.



I'm feeling overwhelmed & struggling to concentrate on my task.



I'm also feeling worried that I won't finish my task on time.

May I please go to a quiet place to complete my work?



I'm feeling overwhelmed & unable to express this at the moment.



I need some time to myself in a quiet & safe place to calm down my emotions.

I'll try to talk to you when I'm feeling better, but please understand if I'm not able or ready to.



I'm feeling overwhelmed / confused.



I need some time to slow my feelings & thoughts down to be able to concentrate & focus when the task is explained to me once again.

