

Class Pass/Structured Break

With the Class Pass/Structured Breaks intervention students use a limited number of “class passes” to take brief (5-10 minute) work breaks to engage in preferred activity without disrupting instruction. To promote increased work/sensory tolerance, the student is also given an incentive to retain unused passes to redeem later for rewards.

Class Pass/Structured breaks works well for students who are learning to self-monitor and are motivated by earning items/activities. Works well for student with low tolerance for academic work, are cognitively functioning lower than grade level, avoid rigorous work, and/or are fidgety and struggle with concentration.

Key components of Class Pass/Structured Break:

- Direct Instruction to student of Class Pass system
- Choice
- Feedback/Reinforcement/Incentive to keep Class Passes
- Parent Participation/Communication

Direct Instruction: Students and teachers need to be directly taught key principles of the Class Pass/Structured Breaks. Tier 2 teams should anticipate the need to reteach/reinforce the system to teachers and students.

Choice: Giving the student choice of when breaks are taken (with feedback/coaching/reflection) is critical to student buy-in and success!

Feedback/Reinforcements/Incentives: Relationships are key for all Tier 2 Interventions but especially true with Class Pass as feedback that prompts reflection in the student (and potentially the teacher) is best received from a caring/trusted adult/colleague. Reinforcement/Incentives need to be in place so that students are motivated to keep their Class Passes at an increasing rate.

Family Participation: Families should be informed when their student is nominated or made eligible for this intervention. Additionally, a system for communicating student success/or areas for growth to family increases success and efficiency with this intervention. One suggestion is to send home a summary of passes used and passes retained each week.

Data Collection: Data collection systems can be as robust or as simplified as needed to yield desired outcomes for the student. School teams should track the number of Class Passes given and used each week.