

Class Pass Structured Break

Insert School Name

Class Pass/Structured Break is a goal-oriented, self-regulation program aimed at helping students build both self-regulation and resiliency. The goal of Class Pass/Structured Break is to support students in displaying expected behaviors for social wellness and academic success.

_____ has been nominated to participate in Class Pass/Structured Break.

Here's how it works: Students participating in Class Pass Structured Break will start each with _____ Class Passes for each day. Each Pass allows the student to take a break for up to _____ minutes. During the break, the student may engage in one of these preferred activities _____, _____ or _____ as long as the student does not disrupt instruction or distract fellow learners and as long as the student re-enters the learning environment following the timed break.

At the end of each week, students participating in the Class Pass/Structured Break program will have the option to redeem un used passes for _____ or _____. Passes may not be held for future weeks.

Here are some strategies for supporting Class Pass in the classroom:

- **Consistency:** Choice is key for Class Pass success. While students may choose to use their pass at times that are inconvenient to instruction, it is important to honor the student choice in a supportive manner
- **Focusing on strengths:** Build your feedback to students off what they do well. As students begin to use Class Pass it will take time for them to learn to use it well—without disruption to instruction or distraction to other learners. Sometimes, other learners are the root of the distraction so be sure to survey the situation and use positive feedback when necessary.
- **Positive praise:** Remember, you get more of what you see and notice. When student is meeting their goal behavior, or you're seeing them really try hard at it, notice it and voice it! We want students to get lots more positive attention. This is particularly true on Fridays when they redeem unused Class Passes.

