VISUAL SUPPORTS AND DAILY ROUTINES

Help and Break Request Cards

Free download · My SEND Friend Shop

Large, simple cards a person can show or hand over to ask for help, a break, the toilet, or a little more time.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure.

Who this is for

Anyone who needs a low-effort way to make a request at home, in school, or when out.

What is inside

- How to introduce the cards
- A set of request cards
- A smaller keyring-style set
- A practice page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Make sure the card actually works

A help or break card only helps if adults honour it quickly and calmly. Practise when things are already reasonably okay, not only in a crisis. Agree what a break looks like, how long it might be, and how the person comes back, so the card is not a mystery.

Request cards — larger set

I need help

Please come and help me.

You can add your own wording here

I need a break

I need to stop for a short time.

You can add your own wording here

I need the toilet

I need to leave to use the toilet.

You can add your own wording here

Please wait

I need a little time before I can answer.

You can add your own wording here

These cards are optional. They do not replace a child's own communication, speech, sign or any AAC system they already use.

A second set, for a bag or classroom



I need help

Please come and help me.

You can add your own wording here



I need a break

I need to stop for a short time.

You can add your own wording here



I need the toilet

I need to leave to use the toilet.

You can add your own wording here



Please wait

I need a little time before I can answer.

You can add your own wording here

These cards are optional. They do not replace a child's own communication, speech, sign or any AAC system they already use.

Smaller cards for a keyring or pencil case

Cut these smaller cards, punch a corner if you wish, and keep a set where the person can reach them.



Help



Break



Toilet



Wait



Quiet



Finished



Home

My own

Our plan for using the cards

When we will practise, and what a break looks like here

What adults will do when a card is shown

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together