

## Reset & Relax

Children often need help to calm down from these strong emotions because they are still developing skills to help them cope with how they feel. When kids are faced with a challenge or a surprise, and they might be on the brink of what we call an “emotional hijacking.”

As you introduce students to the practice of resetting and relaxing to remain in control, be sure to model your own **self-management** skills by sharing the emotions you are feeling and what is causing you to feel that particular way and how you are remaining calm.



### Skill Builder



**TRY SOME R&R**

**RESET**  
and determine what is really bothering you

**RELAX**  
your mind and body to calm down

**&**

**Life's full of surprises and different feelings**



### Teaching Prompt

What is something at home that frustrates you?

What is something at school that makes you feel anxious?

When was a time you felt upset or worried and what happened?

### Reset



#### Example

You had plans to go to an amusement park, but when you wake up, it's raining and the forecast predicts it's going to rain all day.



#### Key Points

It is very normal to get upset about certain things. There are lots of things that can be frustrating, annoying, or bothersome. We all have stuff that makes us upset.

What is not ok is when we allow our emotions to take over and then we lose control over our bodies, actions, and words.

# Reset & Relax



## Relax



### Example

*"When I'm feeling anxious at night and can't fall asleep, I make sure all my devices are off and put away, turn on some calming music, and take a few deep breaths to help slow my breathing."*



### Key Points

Adjusting well to any surprise or change is difficult for anyone, especially when your emotions may be high.

When you are able to adjust well, you'll most likely have a more positive outcome and avoid negative consequences.

## Teaching Prompt

**Share a time you had to work hard to calm down.**

**When was a time you felt upset or worried and what happened?**

**What are some ways you can relax when you feel upset?**

## Praise & Model

See your students practicing **Reset & Relax** or another similar self-calming technique? Don't hesitate to give them praise. It could sound like this: *"When you recognized you needed a moment to Reset & Relax today, you showed me that you were trying to remain in control of your feelings and stay calm. Instead of losing control and not being able to participate in the activity, you were able to calm down and continue in the group. That was a good choice!"*

When tensions are running high, it's easy to lose your patience—even as an adult. You're best able to help the child with their emotions when you're calm yourself. Staying calm also gives you the chance to be a positive role model for managing emotions.

The next time you see a student about to lose control, remember to try **Reset & Relax**. You'll see how it supports students in the moment and how it establishes a plan for the next time they feel big emotions coming on.