

Quick Reference Sheet

Core Steps of the Whole Class Re-Set Process

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Copyrighted materials adapted from the book, *The Re-Set Process: Trauma-Informed Behavior Strategies, for Brookes Publishing's September 30, 2020 Coffee Chat.*

Step 1: Move Your Body

Some Options

- Chair push-ups
- Wall push-ups
- Lunges
- Marching in place
- Arm circles
- Toe rises
- Weighted object lifts
- Helicopter
- Jumping jacks
- Isometrics
- Toe touches

Step 2: Modulate Down

Some Options

Gross Motor

- T position to touching finger tips
- Lunge movement and hold
- Slower, smaller movement (arm circles, helicopter)
- Yoga position and hold (tree, warrior)

Fine Motor

- Fiddle object practice
- Finger touch
- Finger drumming
- Squeeze and release story

Imagine picking up a big lemon in each of your hands. Hold them there and feel their weight. Now, begin to squeeze each lemon slowly, slowly, so the juice comes out of a tiny hole in it. Squeeze until your fingertips are in the center of your palms. Now, slowly, very slowly, feel those lemons beginning to come back to their original shape, pushing your hands slowly, slowly open. Now they are back to the size they were before you squeezed them. Do they feel lighter? Slowly, slowly allow them to roll to your fingertips and let them roll off your fingertips to the floor as you bend forward. Repeat, if desired.

Tune Into Senses

- Chime and raise hand
- 3-2-1
- Ball clap
- Level balancing

Breath

- Young children – belly breathing (Sesame Street Belly Breathing videos)

[https://www.youtube.com/watch?v= mZbzDOpyIA](https://www.youtube.com/watch?v=mZbzDOpyIA) & <https://www.youtube.com/watch?v=Xq3DwzX6MUw>

Lazy Eight

High five (hand breathing)

Breathe in as you trace up to the top of your thumb.

Breathe out to slide down the other side.

Pointer: Breathe in and trace up to the top.

Slide down as you exhale.

Repeat with each finger, until you trace down the pinky to your wrist again.

Take your time and return in the opposite direction.

Step 3: Activate Thinking

Some Options

Structures

Choral engagement

Object focus and share

Turn to a friend and share a _____ (one word)

Around the circle

Respond in chat with one word response to a simple question

Activities

Sing a song, recite a poem

Category listing

Skip counting, counting by....

Synonyms

Antonyms

Describing words

Step 4: Make a Plan

Some Options

Turn to a neighbor and share something we talked about in _____ yesterday

Touch the materials you need

Get out the materials you need

Write down 1 idea related to....

Plan your fiddle object use