

Regulation Roadmap

From: Student Dysregulation

ASSESS



See your Staff

Frustrated → Seen



Map the Methods

Unknown → Inventory



Name the Cycle

Reactive → Committed

SOLVE



Regulate the Classroom

Dysregulated → Focused



Shift the Mindset

Dreaded → Essential



Target the Transition

Inconsistent → Consistent

INSTALL



Sustain the System

Conflicting Priorities → Aligned Solutions



Prove the Impact

Anecdotal → Data-Driven



Keep your Teachers

Burnt Out → Resourced

To: Community Co-Regulation



Recess Reset helps elementary school principals move from frustrated staff battling with student behavior and lost instructional time to well-equipped teachers with calm and focused classrooms through a consistent daily self-regulation routine



RecessReset