



RecessReset

transforming **student dysregulation** and lost instruction time
through a daily **self-regulation routine**



The Challenge

Transition times between recess and instruction disrupt learning. Students struggle to refocus, frustrated teachers lose instructional time, and schools don't know where to fit in SEL & Tier 1 PBIS.



The Solution

Teachers guide 3min self-regulation video lessons during transitions to help students practice calming exercises – effectively resetting class while building vital mindsets and skills in a consistent daily routine.

Our Curriculum Design



Zero Lesson Prep

3 minute video lessons protect teacher time & energy



Target Class Transitions

to improve focus & reclaim instruction time



Teacher Narrated

to build student and teacher co-regulation practice



Self-Reflection & Learning Transfer

integrates skills into the school day



Star Rewards, Posters & Coloring Sheets

motivate student engagement & reinforce learning



18 Sequential Units

build and practice new self-regulation skills each week

Evidence-Based: CASEL-aligned, view our research here: www.recessreset.com/research

English & Spanish language versions available

Pricing & Piloting

School Pilot: free 1-month trial with 15-20 minute staff onboarding and outcomes tracking

Individual Teacher: \$195 per teacher/year

School Site License: \$1495/year

Community License: \$1995/year

- Unlimited staff and school families accounts

Professional Development: \$1500/2 hour training on self-regulation with our pediatric OT & founder



Ready to transform transitions and improve student regulation and focus?

Contact peter@recessreset.com or schedule a meeting [here](#).

180 lessons • Bilingual curriculum • Easy implementation • Proven results