RecessReset

Animated Self-Regulation Curriculum
for Early Elementary
www.recessreset.com

Stanford Accelerator for LEARNING

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, and frustrated teachers lose instructional time while struggling to fit traditional SEL into the school day.

The Solution

Teachers guide 3min self-regulation video lessons during transitions to help students practice calming exercises – effectively reseting 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

Individual Classroom: $195 per teacher/year

School Site License: $1495/year

Community License: $1995/year
- Adds family and afterschool accounts

30-day free pilot for schools and teachers

Start Your Pilot Today

Contact peter@recessreset.com
30-day pilot · Spanish Bilingual · Easy implementation