My Reset Plan

TODAY'S AGENDA

Check-In	10 min
ORI Time	10 min
My Reset Plan	35 min
Comic Panel 4	12 min
Closing	10 min

MOOD LOG

Rate your energy 1-5.
Write one thing this week that might be hard.



My Toolkit So Far

Quick recall.
Name the tools
from today's toolkit.



box breathing



squeeze and release



cold water



5-4-3-2-1



cool thoughts



reset pass / ask for a break

Plan A → Check → Plan B



My Reset Plan Card

Trigger	Body Clue	Plan A

Plan B	I'll know it worked when...	My go-to adult and place

Partner Check

- Both tools are ones we know.
- “It worked” is something you can see or feel.
- There is an adult and a place.
- Give one star and one step.



Comic Panel 4

The Reset

See your calmer self.

Notice what changed.

Draw it.

Write 1–2 sentences.

About 12 minutes



Exit Ticket

My plan A is...

My plan B is...

My go-to adult is...

Reset plan in your binder.
Comic in your bin.

