

RESET Toolkit



A Simple Emotional Reset System
for Youth, Classrooms, and Community Spaces

Practical exercises that help regulate stress, calm the
nervous system, and restore focus in under 60 seconds.

Developed by



ART OVER DESTRUCTION®

Salt Lake City, Utah

RESET Toolkit

Simple tools to calm the nervous system, regain focus, and make better decisions.

The RESET Toolkit teaches short, evidence-informed techniques that help youth regulate stress and improve focus. Each tool can be used in 30 seconds to 2 minutes in classrooms, youth programs, or at home.

The RESET Method

R — Recognize

Notice the signal: stress, frustration, anxiety, or distraction.

E — Exhale

Slow breathing to calm the nervous system.

S — Shift

Change attention or body state.

E — Engage

Return attention to the task.

T — Take Action

Make the next small productive step.

Tool 1 — The Physiological Sigh

Time: 30 seconds

Steps

Take a deep breath through your nose.

Take a second short inhale.

Slowly exhale through your mouth.

Repeat three times.

Why it works

This breathing pattern activates the parasympathetic nervous system, helping the body quickly reduce stress and return to a calmer state.

Tool 2 — 5-4-3-2-1 Grounding

Time: 1 minute

Steps

Identify:

5 things you see
4 things you feel
3 things you hear
2 things you smell
1 thing you taste

Why it works

Grounding exercises help shift the brain away from stress reactions and back into present awareness and cognitive control.

Tool 3 — 60-Second Focus Reset

Time: 1 minute

Steps

Take five slow breaths.
Relax your shoulders and jaw.
Focus on one object in the room.

Ask yourself:

What is the next small step?

Why it works

Pausing interrupts emotional reactions and restores attention and focus.

Tool 4 — Movement Reset

Time: 30–60 seconds

Steps

Stand up.
Stretch your arms overhead.
Roll your shoulders.
Take three slow breaths.

Why it works

Short bursts of movement help regulate stress hormones and improve concentration.

Tool 5 — Creative Regulation

Time: 2 minutes

Exercise

Draw repeating patterns for two minutes.

Examples:

- lines
- circles
- waves
- spirals
- abstract shapes

Why it works

Repetitive drawing and simple art exercises can calm the nervous system and reduce stress.

Tool 6 — The Pause Question

Before reacting, ask yourself:

Will this help my future self?

Why it works

This question activates future-focused thinking and improves decision-making.

Personal RESET Plan

Create your own quick reset plan.

When I feel stressed I will:

- Take three physiological sigh breaths
- Relax my shoulders and body
- Focus on the next small step

Teacher Quick-Start Guide

The RESET Toolkit can be used in classrooms or youth programs in under two minutes.

When to Use RESET

- before tests
- after recess or lunch
- when students feel overwhelmed
- when focus drops
- at the start of class

Two-Minute Classroom Reset

Ask students to sit comfortably.
Guide three physiological sigh breaths.
Ask students to relax their shoulders.

Ask the class:

What is the next small step?

Students then return to work.

Calm Reset Poster

CALM RESET

Breathe slowly
Relax your shoulders
Focus on one thing
Decide the next small step

About Art Over Destruction (AOD)

Art Over Destruction (AOD) is a nonprofit organization helping young people feel calmer, safer, and more focused.

Since 2012, AOD has worked with schools and communities to help students manage stress, think clearly, and make better choices before problems grow bigger.

Trusted by:

- Governor's Office of Utah
- Granite School District
- Primary Children's Hospital
- Ronald McDonald House

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