RESETSCHOOLS.ORG

All kids
deserve
a chance
to reset.

The Rising Mental Health Crisis

Higher
Stress &
Anxiety

Trauma widens the inequality gap

Are kids
ready to
learn?

Ready to Learn?

Academic

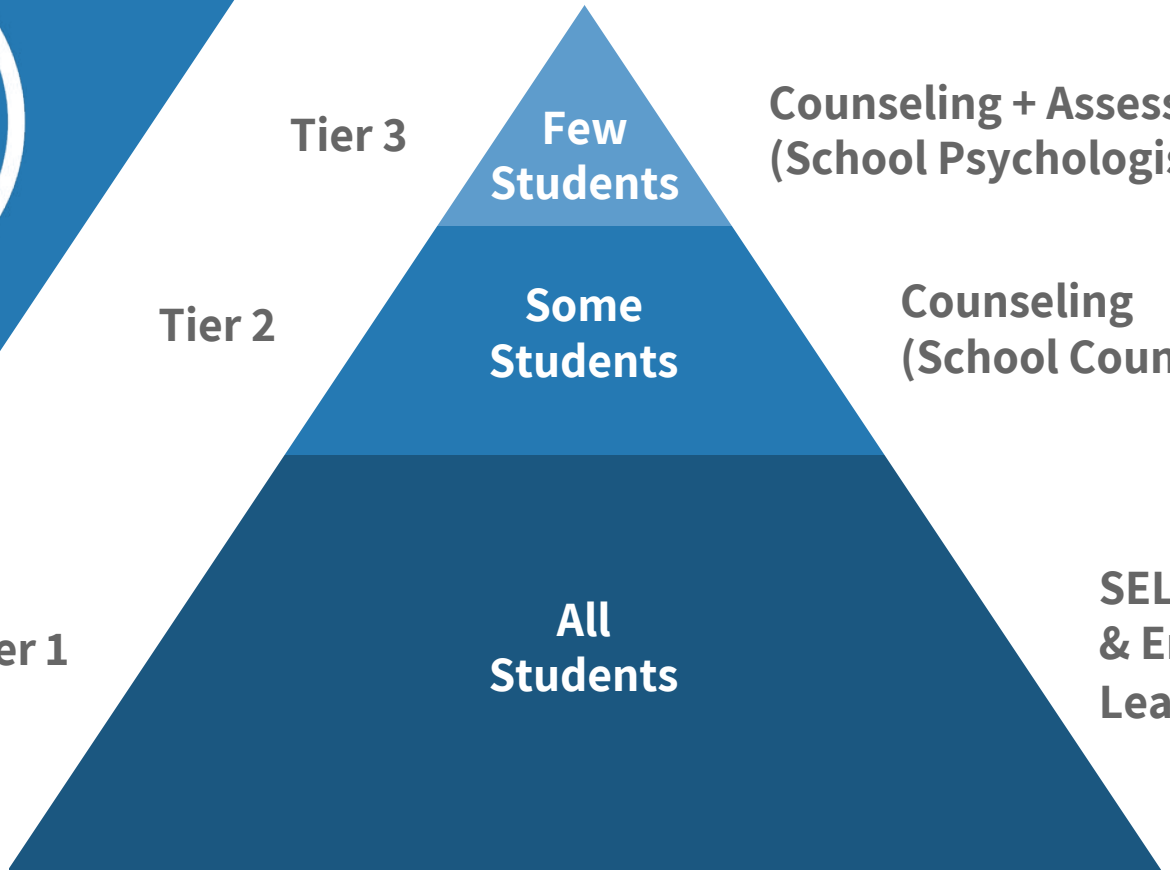
SEL

Physical

SEL

Social and Emotional Learning

SEL



Tier 3

Counseling + Assessments (School Psychologist)

Tier 2

Counseling (School Counselors)

Tier 1

SEL = Social & Emotional Learning

Tier 3

Few Students

Counseling + Assessments (School Psychologist)

Tier 2

Some Students

Counseling (School Counselors)

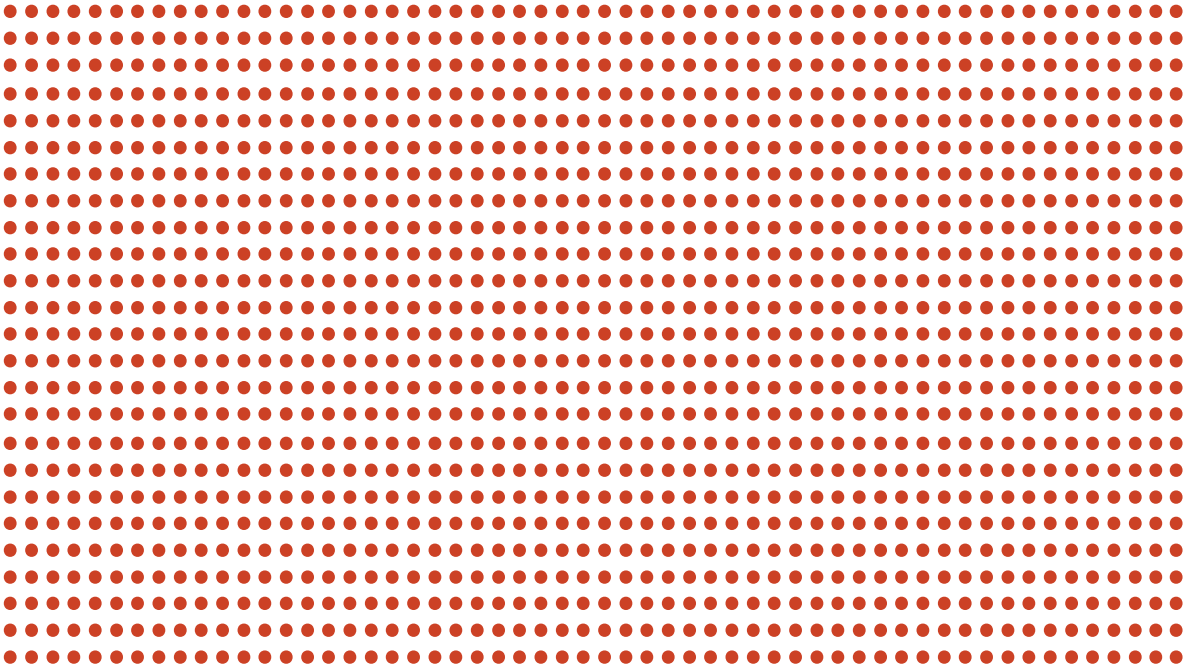
Tier 1

Most SEL programs address the S (social behavior) but not the E (emotional support)

SEL = Social & Emotional Learning

Help is Very Limited

For Every 1,400 Students...

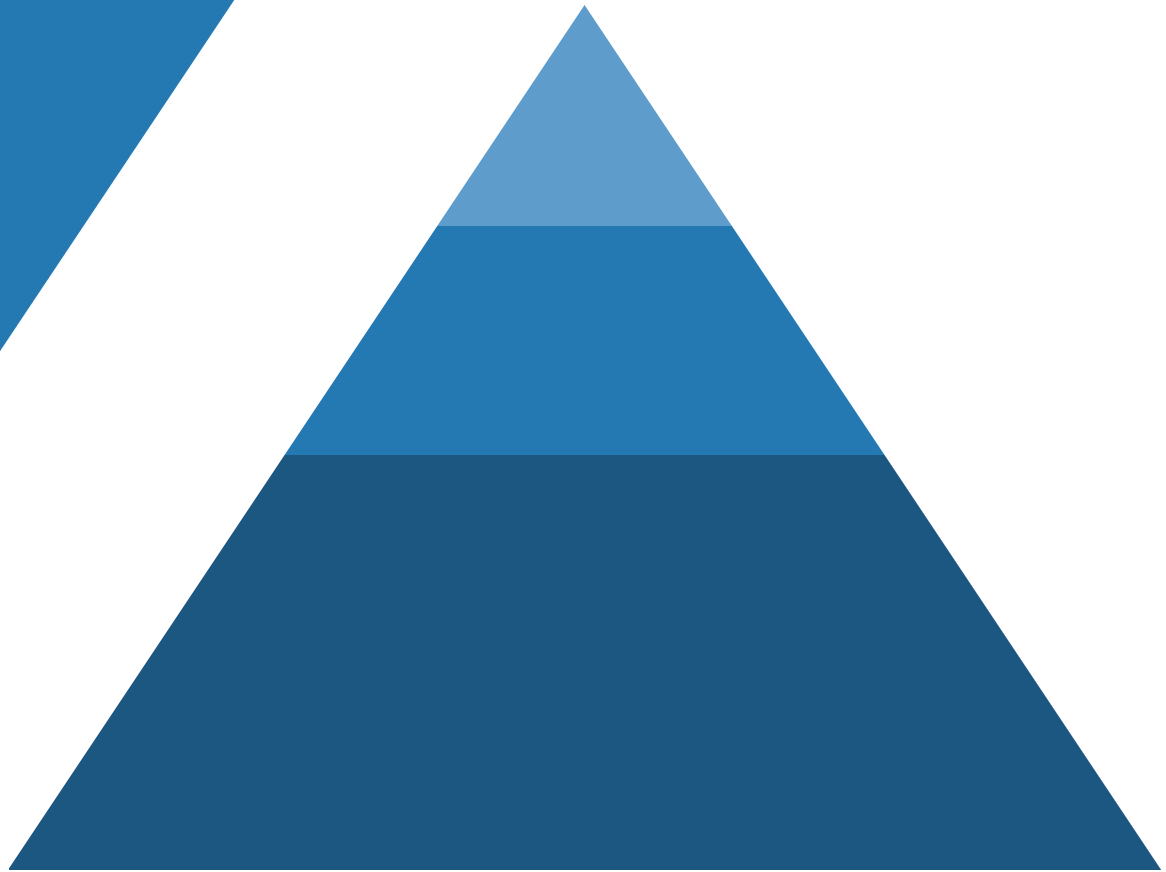


88 Teachers

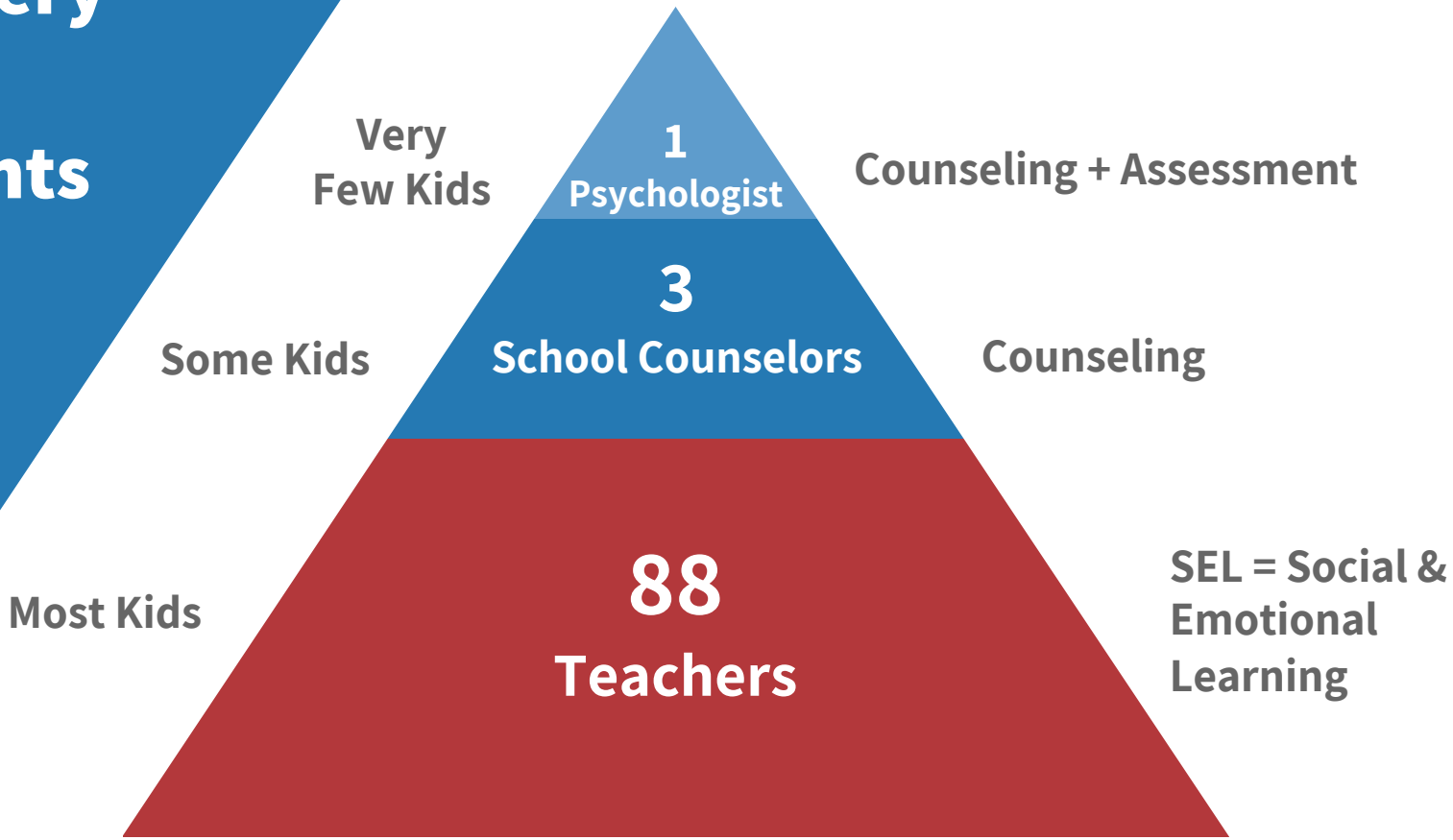
3 School Counselors

1 School Psychologist

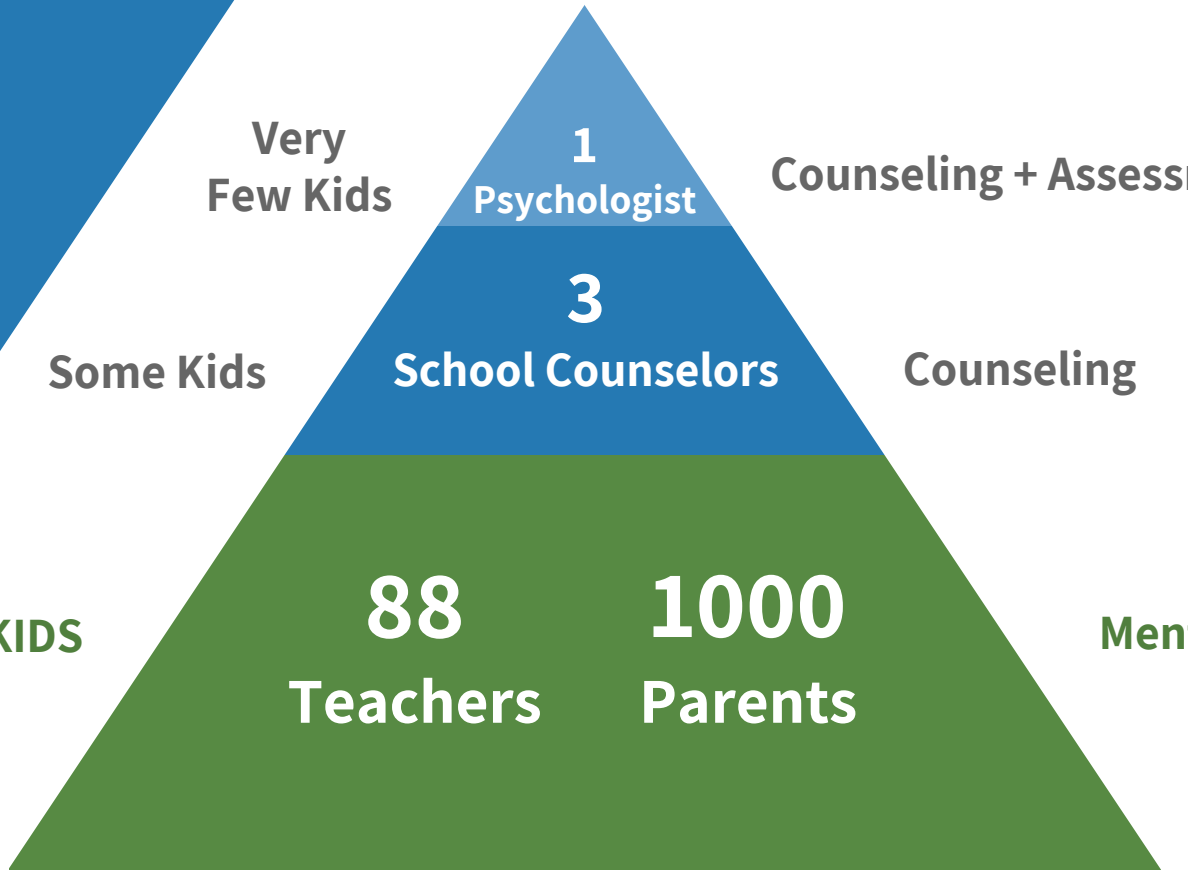
For Every
1,400
Students



For Every 1,400 Students

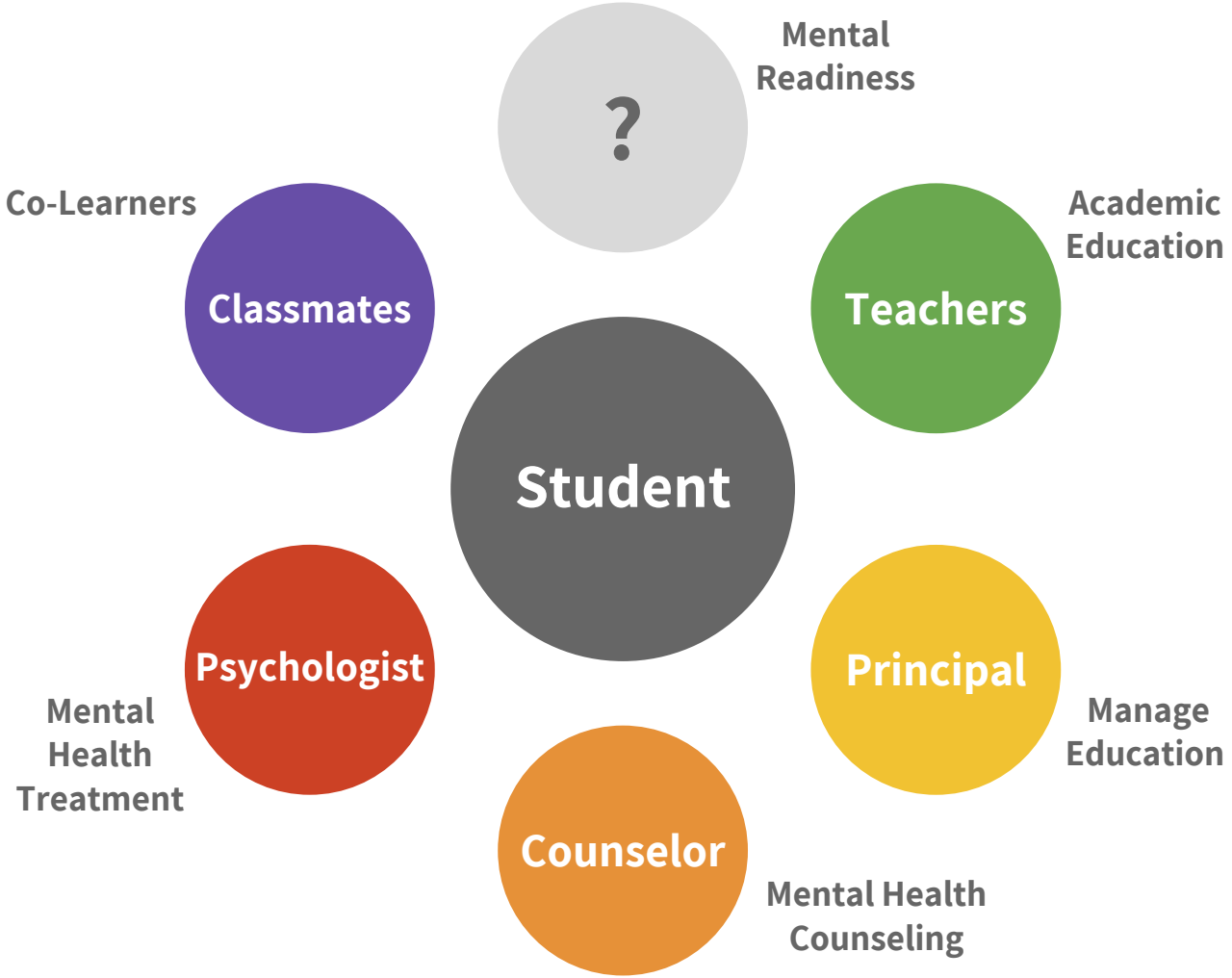


RESET
SCHOOLS

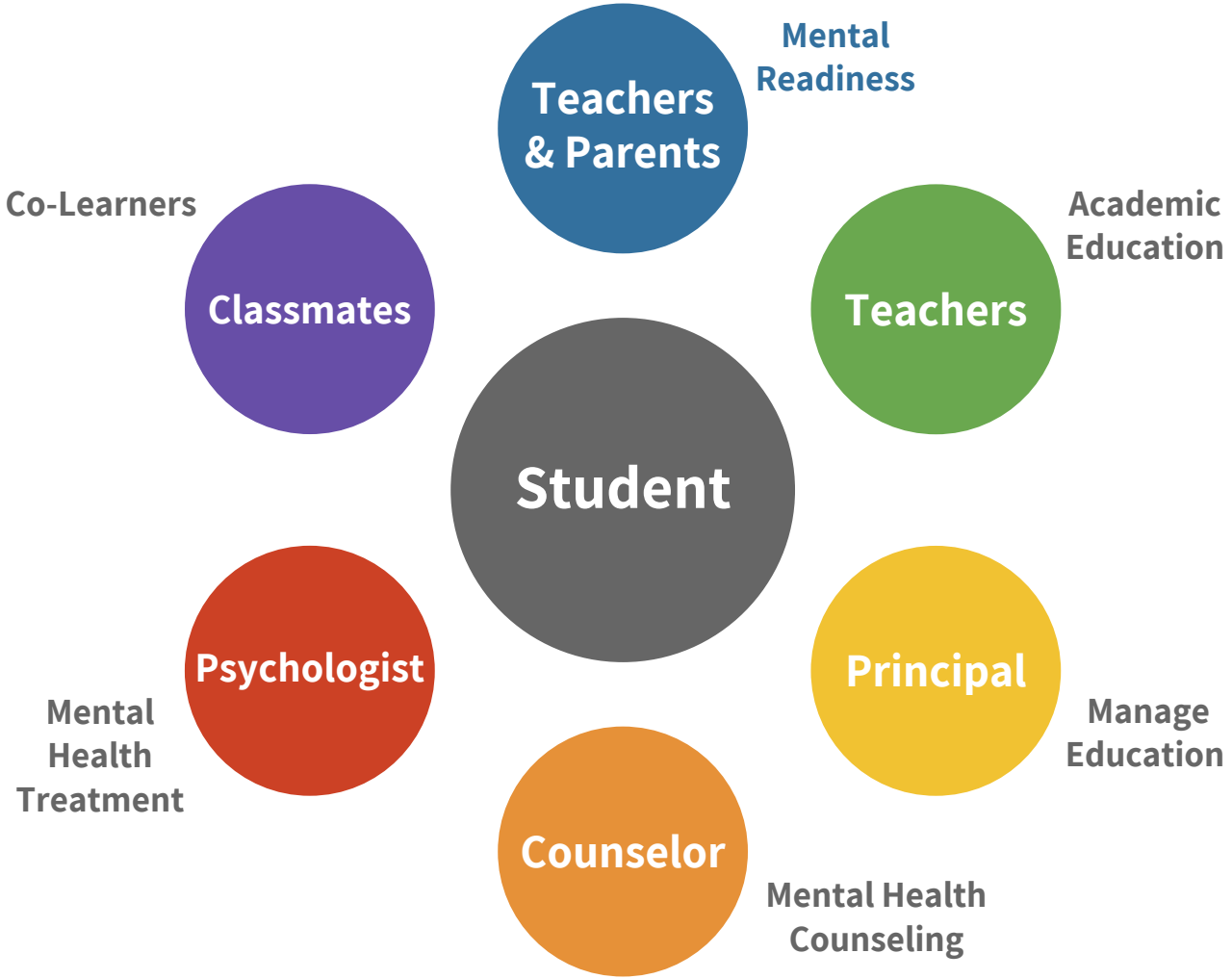


Mental Reset?

Student Support System



RESET SCHOOLS



RESETSCHOOLS.ORG

Roadmap for Schools

1. School Culture Surveys
2. Live & Virtual Trainings for Teachers and Parents
3. 60-Second Reset Videos Required Four Times a Day
4. Smartphone App for iOS & Android
5. On-Site MHFA Trainings for Parents & Teachers. Assemblies for Students.
6. 5-Minute Daily Resets. 20-Minute Weekly Resets for Advisory Periods

Principals require teachers to lead four or more 60-Second Resets per school day.

Teachers lead 60-Second Resets in the classrooms.

Parents lead 60-Second Resets at home.

The Science of Reset Schools

1. Teachers lead students in 60-Second Reset Activities, four times per day.

2. All activities are scientifically proven to reduce stress and improve mental focus.

3. Resting Resets activate the vagus nerve and the parasympathetic nervous system, creating an immediate calming effect.

4. Boosting Resets awaken the senses by releasing endorphins and dopamine.

60-Second Reset Videos

Resting Resets

- Slow deep breathing
- Be silent and “press pause”
- Tell your muscles to relax
- Draw something
- Write down your feelings
- Stand up and stretch
- Listen to calming music

Boosting Resets

- Jog in place
- Do jumping jacks
- Thank someone
- Compliment someone
- Get a drink of water
- Eat a healthy snack
- Dance to upbeat music

Diverse Team of Presenters

Strategy

- Evidence-Based
- Scientific Approach
- Non-Controversial
- Equity in Education
- Early Intervention
- Distance-Based (Video)
- Works with any program

App for iOS & Android

- Interactive Resets
- Video Curriculum
- Reset Reminders
- My Personal Reset Plan
- Call or Text the Lifeline

Kids start absorbing positive coping skills

Teens develop resiliency

RESET SCHOOLS

Giving all kids a chance to reset

Partner With Us

Donate today at ResetSchools.org