

After-School Reset Sheet

A simple at-home tool to help kids reset, refocus, and make good next choices.



Name: _____ Week of: _____

1 MY RESET MISSION

After school, I will check in with myself and choose a good reset.

- | | |
|--|---|
| ☐ Take 5 deep breaths | ☐ Stretch or move |
| ☐ Eat a snack | ☐ Talk to an adult |
| ☐ Drink water | ☐ Other: _____ |
| ☐ Change clothes | |

2 A GOOD RESET MEANS I CAN...

- | | | |
|---|-------------------------|---|
| 1 | Notice how I feel | I pause and check in with my body and emotions. |
| 2 | Choose what I need | I can ask for water, food, quiet, or help. |
| 3 | Calm my body | I take a breath and settle down. |
| 4 | Make a good next choice | I get ready for homework, chores, or family time. |
| 5 | Finish the day strong | I use a respectful and helpful attitude. |

3 MY RESET CHART — I CAN DO THIS!

Color a star each day you use your reset!

Day	Checked In	Chose Reset	Calmed Down	Good Next Choice	Finished Strong	Parent Praise
Monday	☆	☆	☆	☆	☆	○
Tuesday	☆	☆	☆	☆	☆	○
Wednesday	☆	☆	☆	☆	☆	○
Thursday	☆	☆	☆	☆	☆	○
Friday	☆	☆	☆	☆	☆	○
Saturday	☆	☆	☆	☆	☆	○
Sunday	☆	☆	☆	☆	☆	○

4 WHEN I USE MY RESET, I CAN CHOOSE:

- | | |
|---|--|
| ☐ Pick a game | ☐ Special time with Mom/Dad |
| ☐ Read together | ☐ Outside play |
| ☐ Choose a snack | ☐ Other: _____ |

5 PARENT TIP

- Keep the reset short and simple.
- Use it to build habits, not punish emotions.
- Praise calm choices and follow-through.

➤ *Live a Life You Are Proud Of!* ➤