

# **Reset for Neatness**

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## Reset for Neatness



Use this routine spontaneously throughout the day (when the area becomes messy or disorganized or too chaotic) to center the students, to settle and ground the students with a task of organization that also improves their surroundings. Clean and orderly/organized surroundings lowers stress, as does the process of making things neat and organized.

### Reset for Neatness Routine



Straighten your desk so that it is in the right position.

Put away your backpack where it should be stored.

Hang up your coat, jacket or sweatshirt in its proper place.



Put your snack or lunch box away and your water bottle in its proper place.

Pick up any paper, pencils, crayons, or other materials around your desk and put them where they belong.



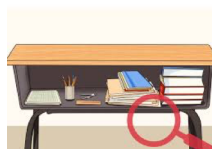
Organize the materials on your desk. Put them away where they belong.

Wipe off your desk surface if it needs it.



Organize the materials in your desk and in the baskets attached to your desk.

- Hand in completed work.
- Put all pens and pencils in their proper place.
- Organize papers in folders.
- Return books to their proper place





Organize the area that the teacher assigns to you (the class library, the coat area, computer area, the free time activity area, etc.).



Return to your desk and wait quietly.



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Take a few deep breaths, look around at the neat class, feel the calm in your body and then go over the schedule to see what's next.

