

Reset for Focus

A Social Emotional Learning Routine

Kevin Plummer, Ph.D.
School Clinical & Consulting Services

2023

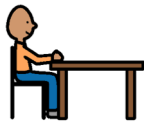
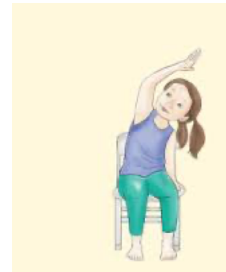
Reset for Focus

Use this routine when the class is under responsive to repeated reminders to stay on track, or when the students are too easily distracted by extraneous and unimportant activity.

Keep your voice completely silent



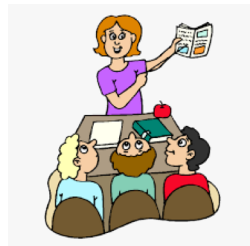
Take a deep breath, do a seated stretch or pressure push with your hands



keep your body still and show good posture with your back straight, your hands folded



Look right at the teacher



Keep your listening ears ready

Get your brain ready for directions

