

Reset Tables

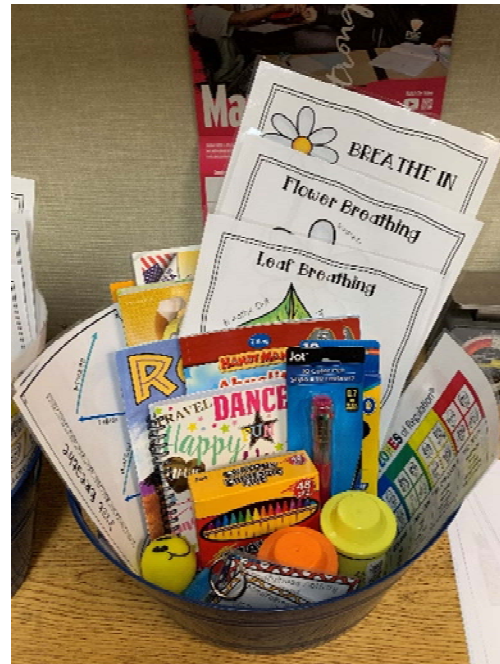
We all need breaks throughout the day to help us refocus, process and sometimes, to reset our emotions. Children are the exact same, with some needing more breaks than others. Reset tables are a great way to support a child in a classroom to help them refocus and rethink their actions. Reset tables work for all kinds of students. For a student with anxiety, it's a way to refocus their mind by shifting their attention away from their repetitive anxious thoughts. For a student with ADD, it allows them to get their wiggles out and release the tension of having to spend too much time focusing on an assignment.

Reset tables are located in the classroom so the student is in ear shot of the lesson to not fall behind. Frequency will depend on need as students can self-select to go to the table or breaks are planned during long activities for preventive measures. Items are provided for students at the reset table for sensory or mind re-shifting. Examples include squeeze stress toys, coloring toys, math worksheets, coloring books, glitter bottles, mindfulness practices, books to read and journal for free writes. A list of items can be found at laprofefarias.wixsite.com/inspire on the resource page.

Below are some examples of what items could be provided at the reset table:

- Squeeze toy
- Crayons and markers
- Coloring books
- Math related items (i.e. sudoku, multiplication tables)
- Zones of Regulation printable
- Mindfulness technique printable ([breathing](#), [tracing](#), cards)
- Journal for free writes
- Books to read (i.e. [The Way I Feel](#), [The Feelings Book](#), [My Mouth is a Volcano](#))
- Fidget spinner
- [6-way anxiety releaser](#)
- [Glitter bottle](#)
- Stuffed animal
- [Fidget sensory toys](#)

Here are two examples of reset tables at Skyline Elementary in Tacoma, WA. The first one is from Marci Gala and the second from Alissa Farias.



We always want to track student behavior. The reset table is not the solution, but part of the process of helping the student self-regulate. It's important to ask what was the antecedent to the behavior, the behavior and the consequence given to the student?