

THE REWIRE RESET

T · I · P · P QUICK-ACCESS CHEAT SHEET

For when the nervous system takes over.

SKILL	WHAT TO DO (30–60 sec)	THE WHY
T Temperature	Splash ice-cold water on your face or hold an ice pack to your eyes/cheeks.	<i>Triggers the dive reflex — instantly slows your heart rate.</i>
I Intense Exercise	Do 15 jumping jacks, a 30-second plank, or a hallway sprint.	<i>Burns off adrenaline and resets your stress response.</i>
P Paced Breathing	Inhale for 4 counts... Exhale for 8. Repeat 5 times.	<i>Activates the parasympathetic nervous system ("rest" mode).</i>
P Paired Relaxation	Squeeze fists/shoulders tight for 5s... then DROP and release completely.	<i>Forces muscle tension to release through contrast relaxation.</i>

★ THE PARENT'S GOLDEN RULE

Don't teach while the fire is burning.

If your child (or you) is in a "TIPP moment" — stop talking. Stop disciplining. Stop explaining.

Reset the body first. The conversation happens after the heart rate drops.