

# 5 QUICK RESET STRATEGIES

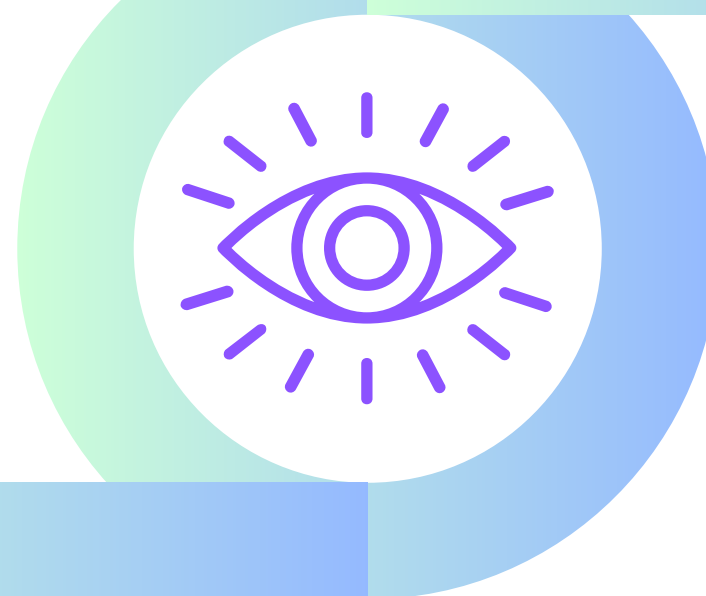
1. Take a mindful breath with the class.



2. Lower your voice to regain attention. Redirect with humor.



3. Visual cue first, verbal cue second.



4. Pause & Plan before reacting.

