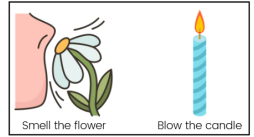


USING MY RESET KIT

Sometimes, I feel big feelings like being sad, mad, or overwhelmed. I can use my Reset Kit to help me feel better.



My kit has special things I like, such as fidgets, and different visuals that will help me feel safe and calm.



I can use my Reset Kit when I feel upset, anxious, angry, or need a break. I might use a break card to ask.



I can take my Reset Kit to a quiet place like the calm corner or a quiet room. This helps me feel safe and relaxed.



I take out one item at a time. I can squeeze my fidget, take deep breaths, or use the visuals to help me calm down.



I can use my Reset Kit until I feel better or the timer goes off. Then I clean up and go back to my activity when I'm ready.



If I forget how to use my Reset Kit, I can ask a teacher for help.



Using my Reset Kit helps me feel better.
It's okay to have big feelings. I can handle them safely.

