



Instructor 5-Minute Reset Cards

Ready for a break, but only have 5 minutes? Our Instructor 5-Minute Reset Cards are just what you need to reset, reenergize, and dive back in. Use these discreet, convenient cards to keep overwhelm and burnout at bay.

Supplies

- Printer
- Paper (cardstock will make sturdier cards)
- Scissors or papercutter (optional)
- Laminator (optional)

Printables

- **Instructor 5-Minute Reset Cards** include
 - Printer
 - Paper (cardstock will make sturdier cards)
 - Scissors or papercutter (optional)
 - Laminator (optional)

Getting Ready

- **Download** the Instructor 5-Minute Reset Cards.
- **Print** them out (color, double-sided, flip on long edge).
- **Cut** the cards out on the dashed lines.
- **Laminate** (optional).
- **Keep** them handy.



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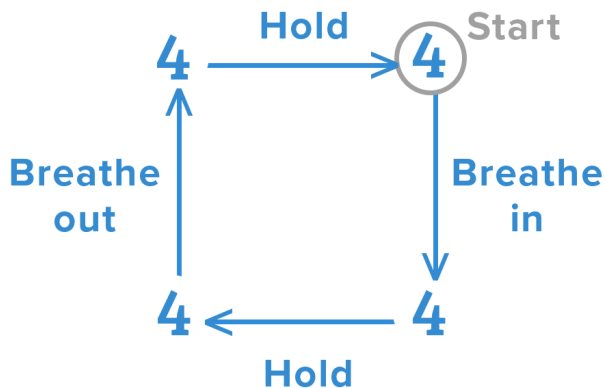
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Box Breathing

- Follow the directions on each side of the box as you count to **4** seconds.



- Repeat **4** or more times.

5, 4, 3, 2, 1 Senses

- Focus on each of your 5 senses in this moment.
- Think of . . .
 - 5** things you can **see**
 - 4** things you can **touch**
 - 3** things you can **hear**
 - 2** things you can **smell**
 - 1** thing you can **taste**
 - . . . right now.
- If preferred, think of your *favorite* taste, smell, etc.

Breathing Colors

- Think of a calm, relaxing color, and imagine it filling and centering you as you **breathe in deeply**.
- Now imagine stress and negative thoughts as a stressful color you dislike.
- As you **slowly exhale**, visualize the stressful color leaving your body, taking away your tension and concerns.
- Repeat** until you feel calm and filled with only the relaxing, centering color.

Belly Breathing

- Rest your hands** in your lap or loosely at your sides.
- Breathe deeply in through your nose.**
- Focus on calmly **filling your belly with air** until you are comfortably filled.
- Exhale slowly through your mouth**, allowing stress and tension to exit your body with your breath.
- Repeat** until your calm is restored.





Neck & Shoulder Release

Neck Stretches:

- **Exhale** and **tuck your chin** into your neck for a gentle stretch. **Inhale** and bring your head back up.
- Slowly **exhale and tilt your head** towards your **left shoulder**. Hold. **Inhale** to bring your **head back up**. **Repeat** on your **right**.

Shoulder Stretch:

- **Shrug** both shoulders up, then roll them **back** and around. **Reverse** and roll them **forward** and around.

60-Second Full Body Shakeout

- With feet flat on the ground, gently **shake your hands** as if drying them.
- **Visualize shaking off** tension and stress like water or **excess energy**.
- As you shake your hands, begin to **shake other parts your body**:
 - arms
 - shoulders
 - head
 - knees
 - legs
 - feet
 - torso
- After shaking, **re-center with calm, meditative breaths**.

Rigid to Rag doll

- **Tighten every muscle** in your body until you are rigid with tension, like a solid stone statue.
- **Hold** and **breathe** normally.
- **Exhale** and release the tension by slowly melting down towards the floor:
 - arms dangling
 - head drooping
 - knees and elbows slightly bent
- **Hold** and **breathe** normally.
- Return to **upright position**.

High Low Stretch

- **Plant your feet** on the ground, arms to your sides.
- **Reach up high**, stretching your hands towards the sky. **Stretch up** with your whole body as much as is *comfortable*.
- **Hold**, then return arms to sides.
- Slowly **tuck in your chin** and **reach down low, stretching down** with your hands to your toes as much as is *comfortable*.
- **Hold**, then return to upright position.



One Win Reflection

- **Reflect** on today and **find one win** or success to focus on.
- **Celebrate** this accomplishment to help you **reset your energy** and motivation.
- Possible **Wins**:
 - I showed up today.
 - I kept my cool.
 - My students know I care.
 - I took the first step towards my goal.
 - I stood my ground.
 - My family knows I love them.
 - I made a good choice.
 - I learned from a mistake.

Mindful Mantra

- **Center yourself** with a **motivating personal mantra**.
- **Repeat the mantra** as you calmly **breathe in and out**.
- **Mantra** ideas:
 - I *choose* to have a good day.
 - I *trust myself* to find solutions.
 - I can handle these challenges.
 - I *am* enough.
 - I *am* the teacher these children need.
 - I believe in myself.
 - Today is a new day.
 - I *can* do this.

Point of View

- **Change your perspective** by moving to a different seat, room, or view.
- If needed, *imagine yourself* at a new location.
- **Use your movement** to help shift your mood or mindset.
- From your new vantage point:
 - *Consider* new options.
 - *Visualize* new ways of managing the situation.
 - *Try seeing* events through another's eyes.

2-Minute Reflection

- Take 2 minutes to **think about** one of **your successes**.
- **Reflect** and remember:
 - Your feelings of *accomplishment*, *satisfaction*, and *confidence*.
 - The *challenges* you overcame.
 - *Strategies* that worked for you then that may be helpful now.
- **Consider** how you can **use that success to help** you navigate the current situation.

