

QUICK RESET SEQUENCE

1. NAME THE MOMENT

Say exactly what is slipping.

2. GIVE THE FIX PHRASE

Use one short phrase.

3. SHOW IT WRONG

Model the messy version quickly.

4. SHOW IT CLEAN

Show the target behavior.

5. RUN THE REP

Practice it live and rerun if needed.

6. USE IT TODAY

Name where the class will use it next.

THE BLURTING RESET

Waiting + Respect

FIX PHRASE: Hold the thought. Wait the turn.

THE MOMENT

Students call out answers, comments, and side thoughts before anyone can finish the direction.

WATCH IT CLEAN

Pause, hold the thought, track the speaker, and wait for a turn signal.

RUN THE REP

Teacher gives a simple prompt. Students silently touch thumb to finger when they have an idea. Teacher calls on 3 students. Rerun until the wait is clean.

USE IT TODAY

Use it during read-aloud, math talk, announcements, and partner sharing.

REFLECT

What helped you hold your thought without blurting?

THE LINE-UP RESET

Waiting + Calm Body

FIX PHRASE: **Quiet hands. Patient brain.**

THE MOMENT

The line turns into bumping, chatting, leaning, and mystery movement before you even reach the door.

WATCH IT CLEAN

Walk to the spot, face forward, keep hands to self, and wait for the next direction.

RUN THE REP

Students start seated. On the signal, they line up in 10 seconds with quiet hands and patient brains. Rerun the broken section only.

USE IT TODAY

Use it for hallway transitions, washroom trips, assemblies, and dismissal.

REFLECT

What part of lining up usually breaks first?

THE PARTNER TALK RESET

Respect + Listening

FIX PHRASE: **Face. Space. Turn. Talk.**

THE MOMENT

Partner talk becomes shouting, ignoring, grabbing attention, or one student doing all the talking.

WATCH IT CLEAN

Face your partner, leave space, take turns, and use the topic sentence.

RUN THE REP

Partner A answers in 10 seconds. Partner B repeats one thing they heard. Switch roles. Rerun if one side takes over.

USE IT TODAY

Use it for turn-and-talk, group work, problem solving, and peer feedback.

REFLECT

How do you show your partner you are actually listening?

THE VOLUME RESET

Calm Body + Respect

FIX PHRASE: Match the room. Match the moment.

THE MOMENT

The class volume climbs slowly until everyone is working harder just to hear themselves think.

WATCH IT CLEAN

Check the space, choose the right voice level, and lower volume when the room needs it.

RUN THE REP

Teacher shows a space cue: whisper, table talk, present, or silent. Students say a short phrase at the matching level.

USE IT TODAY

Use it during centres, group work, lunch, gym entry, and indoor recess.

REFLECT

What room moments need a lower voice than you think?

THE TECH DRIFT RESET

Listening + Responsibility

FIX PHRASE: Screens down. Eyes up.

THE MOMENT

Devices are open, but attention is split between tabs, games, videos, and pretending to listen.

WATCH IT CLEAN

Stop hands, lower or close the screen, eyes up, and wait for the next direction.

RUN THE REP

Students practice the exact screen-down move 5 times: hands off, screen down, eyes up, ready body.

USE IT TODAY

Use it before directions, screen transitions, research time, and digital cleanup.

REFLECT

What pulls your attention away fastest when tech is out?

THE SHUTDOWN RESET

Calm Body + Responsibility

FIX PHRASE: **Pause. Breathe. Next step.**

THE MOMENT

A student hits a hard task and freezes, refuses, puts head down, or says they cannot do it.

WATCH IT CLEAN

Pause, take one breath, name the next tiny step, and restart small.

RUN THE REP

Teacher gives a mildly tricky task. Students practice saying, "My next step is..." before starting.

USE IT TODAY

Use it during writing, math, tests, corrections, and new skills.

REFLECT

What is one tiny step you can take when a task feels too big?

THE ALMOST-DONE RESET

Responsibility

FIX PHRASE: **Finish the final inch.**

THE MOMENT

Work is mostly done, cleanup is almost done, or the routine is nearly finished - and that final piece disappears.

WATCH IT CLEAN

Check the final step, finish it fully, and leave the space ready for the next person.

RUN THE REP

Students complete a tiny task with one final detail. They must check and report the final inch before moving on.

USE IT TODAY

Use it for cleanup, worksheets, centers, lining up, materials, and jobs.

REFLECT

Where do you usually stop just before the job is actually done?

THE RESPECT SLIP RESET

Respect

FIX PHRASE: Words, tone, and face match.

THE MOMENT

The words might be fine, but the tone, face, or body language sends a different message.

WATCH IT CLEAN

Use respectful words, calm tone, and a face that does not add fuel.

RUN THE REP

Teacher gives a common phrase. Students say it the disrespectful way, then reset and say it clean.

USE IT TODAY

Use it when disagreeing, asking for help, responding to correction, and working with partners.

REFLECT

Which one changes the message fastest: words, tone, or face?

THE TRANSITION RESET

Directions + Responsibility

FIX PHRASE: **Same steps. Same order.**

THE MOMENT

The transition starts and suddenly everyone invents their own version of the routine.

WATCH IT CLEAN

Listen to the steps, repeat the order, move calmly, and check the final spot.

RUN THE REP

Teacher gives a 3-step transition. Students repeat the steps, then run the transition. Rerun only the step that broke.

USE IT TODAY

Use it for carpet, desks, centers, lockers, washrooms, and dismissal.

REFLECT

Which transition step needs the most practice in our room?

THE WHAT ARE WE DOING? RESET

Directions + Listening

FIX PHRASE:

Hear it. Say it. Do it.

THE MOMENT

The directions were just given, but half the room is asking what to do before they even try.

WATCH IT CLEAN

Listen once, repeat the task in your own words, and start the first step.

RUN THE REP

Teacher gives a 2-step direction. Students whisper-repeat it to themselves, show the first step, then start.

USE IT TODAY

Use it before independent work, centers, worksheets, games, and group tasks.

REFLECT

What helps directions stick the first time?