RESET SPACE PLAN

PAUSE • CALM • RESET • TAKE A STEP

A simple guide for navigating challenges, emotions and everyday life.



Sometimes life feels like a big wave.

Pause, calm your body, check your thinking and take one small step.

PAUSE

1. PAUSE
Pause and Notice

Before reacting, take a moment to notice.

- What am I feeling?
- What thoughts am I noticing?
- What is my body telling me?

BODY SIGNALS

- Butterflies
- racing heart
- tight chest
- tense muscles

CALM

2. CALM
Calm My Body

When my body feels calmer, I can think more clearly.

- Breathing
- Grounding
- Positive self-talk
- Movement
- Water or a break

Calm body. Clearer thinking.

RESET

3. RESET
Check My Thinking and Choose a Helpful Thought

- What is the evidence?
- What else could be going on?
- What is a helpful thought?
- What do I need right now?

TAKE A STEP

4. TAKE A STEP
One Small Action

I don't have to solve everything today.

- Ask for help
- Try again
- Use a coping tool
- Take a break
- Complete one small task

Small steps make a difference.

CHARLIE & FRANK REMINDER

Life has ups and downs. One small step at a time.

resetspace-schools.com.au