



**Neuro-Fitness Academy®**



## **Gentle Reset Practice**

A movement-first, pressure-free way to help children move from dysregulation to calm

### **When to Use This Practice**

Use this Gentle Reset when a child feels overwhelmed, anxious, flooded, or shut down. This approach supports the nervous system before asking for words, problem-solving, or learning.

**Core Principle:** Regulate the nervous system first. Language comes later.

### **Step-by-Step Gentle Reset**

*Ground & Contain (30–60 seconds)*

What to offer:

- Feet pressing into the floor
- Hands pressing together or against a wall

Say (one simple cue):

“Let’s help your body feel steady.”

Why it helps:

Deep pressure and grounding signals safety to the nervous system and begins calming the stress response.

### **Gentle, Rhythmic Movement (1–2 minutes)**

Choose ONE movement:

- Slow side-to-side rocking
- Wall push-ups
- Gentle marching in place

Say:

“We’ll move together for a moment.”

Why it helps:

Rhythmic movement reduces stress hormones and supports regulation without requiring focus or decision-making.

Breathe Through Movement (30–60 seconds)

**What to do:**

- Inhale as arms float up
- Exhale as arms float down

Say:

“Let your breath move with your arms.”

Why it helps:

Breathing paired with movement feels safer and easier than still breathing when anxiety is high.

**Natural Pause (Optional)**

Only if the child naturally slows:

Invite a brief pause.

Say:

“Notice how your body feels now.”

Why it helps:

Stillness is an outcome of regulation—not a requirement.

**Gentle Integration (Language Comes Last)**

One sentence only:

“Your body feels safer now.”

Why it helps:

Simple language reconnects awareness without pressure or analysis.

**Why This Works**

When a child is flooded, the thinking brain is often offline. Movement and breath calm the nervous system first, making it easier for learning, communication, and connection to return naturally.

Regulation → Readiness → Reflection

Use This Practice In:

- 🏠 Home routines & homework time
- 📚 Classrooms & transitions
- ❤️ Homeschool learning blocks
- 🟡 Calm corners & reset spaces

Gentle Reminder

Calm is not taught through words alone. It is felt through the body first.

Take what helps. Skip what doesn't. Support without pressure.

— Neuro-Fitness Academy®