

# "RESET NOW!" STRATEGIES



Drink water or juice



Name the colors  
in the room



Count backwards  
from 20



Listen to the sounds  
in the room



Look around and  
notice something



Touch a nearby  
surface or item



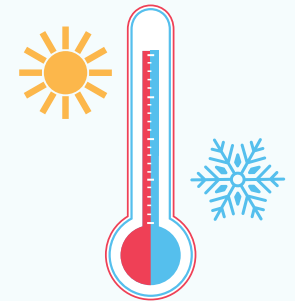
Touch the surface of  
something in nature



Push your hands or  
back against a wall



Walk and notice your  
body's movements



Notice the temperature  
of the room