Classroom Reset Sheet

CAMS for Early Childhood • Set Kids Up for Success

When the room feels chaotic, use this one-page reset to move from overwhelmed to intentional.

STOP — What Is Happening?

• What behaviors are happening?

• What routines or transitions are difficult?

• Who needs immediate support?

BREATHE — What Can I Control?

• My voice

• My body language

• My expectations

• The environment

• The next step

RESET — What Needs to Change?

• Reduce stimulation

• Simplify directions

• Separate a conflict

• Add movement

• Change the transition

• Ask another adult for support

MOVE FORWARD — What Is One Next Step?

Choose one action. You do not have to solve the whole day at once.

After the Reset

Notice what worked. If the same situation keeps happening, bring it to your team and look for a pattern.

“You don't have to fix everything at once. Just find the next right step.”

Notes

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