

Real Classroom Reset: What Actually Helps on Tough Day

Ready-to-use Easter Activities - by Humly

WHAT DO TO WHEN...

The Classroom Feels Overwhelming: Quick Resets That Work

When the class gets too loud:

- Use a 10-second reset (clap pattern, countdown, visual cue)

When a student is overwhelmed:

- Give a simple grounding task (hold object, name 3 things you see)

When you feel stressed mid-lesson:

- Pause, simplify the task, reset expectations

When nothing is going to plan:

- Switch to a 5-minute “safe” activity (drawing, quiet task)
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BACKUP PLAN FOR ANY LESSON

Your 5-Minute Backup Plan (For When Things Don't Go to Plan)

Quick activity ideas you can run instantly:

- Word association game
 - Silent drawing challenge
 - “Describe this object” game
 - Quick group discussion prompt
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BACKUP PLAN FOR ANY LESSON

Your 5-Minute Backup Plan (For When Things Don't Go to Plan)

What Schools Don't Tell You:

- First 10 minutes are chaotic
- Plans don't always work
- You won't know every student
- That's okay

