The RESET Route™

Part of The **REGULATION** Collection™

The RESET Route™ is part of The REGULATION Collection™ by Two Thirds Design, offering a structured approach to help pupils regulate their energy and focus for learning.

Extension & Differentiation Ideas

These extensions allow staff to adapt, challenge, increase engagement, and tailor activities to suit different pupil needs, abilities, and energy levels.

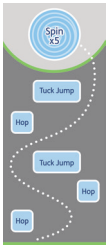
Mat 1 – Jumping Jacks



Adaptations & Extensions:

- For lower impact, complete a stepping star (step out instead of jump)
- Start in a squat and jump into a star shape for explosive movement
- Run on the spot for 10 seconds, then complete 10 jumping jacks
- Add a clap above the head on each jump
- Count in multiples (e.g. 2s, 3s, 4s, 5s, 10s etc.) while jumping
- Call out a number—pupils complete that many jumps

Mat 2 – Hop, Tuck Jump & Spin



Adaptations & Extensions:

- Reverse the sequence to challenge memory and motor planning.
- Add a cognitive challenge by naming a subject word, country, or times table answer after each tuck jump.
- Increase the number of hops or tuck jumps to raise the physical challenge and cardiovascular input.
- Pause and hold a balanced position after the spin to develop stability and body awareness.
- Follow the sequence while responding to additional instructions, such as changing direction, freezing on command, or reacting to visual cues.

Mat 3 – Push-Up, Plank or Side Plank



Adaptations & Extensions:

- Increase or decrease the number of push-ups or hold time.
- Complete push-ups against a wall for a simpler option.
- Add a weighted backpack for extra challenge.
- Hold the plank with one arm or leg raised.
- Alternate between plank and side plank positions.
- Work with a partner to encourage motivation and accountability.

Mat 4 – Arm Circles



Adaptations & Extensions:

- Swap arm actions (reverse coordination)
- Recite times tables while moving
- Change speed (slow motion > fast)
- Add a second instruction (e.g. lift one foot)
- Work with a partner and mirror each other

Mat 5 – Step Twist Reach



Adaptations & Extensions:

- Follow the sequence without looking at your feet.
- Complete the route at different speeds.
- Hold each reach position for 3 seconds.
- Reverse the pattern and complete it backwards.
- Challenge a partner to beat your completion time.

Mat 6 – Box Breathing



Adaptations & Extensions:

- Sit with a cosy blanket
- Squeeze a stress ball while tracing with the other hand
- Play calming music or nature sounds
- Pair breathing with a positive affirmation or focus word
- Reflect on how your body feels before and after the activity
- Use a partner to model calm breathing

Mat 7 – Balance & Stretch



Adaptations & Extensions:

- When balancing on one leg while reaching swap legs
- Touch toes, then reach high while balancing on toes
- Add looking up to the ceiling or try with eyes closed
- Increase the reach distance to challenge stability
- Hold stretches for longer durations to increase challenge
- Add side stretches or gentle twists
- Create a sequence of stretches and repeat independently, focusing on smooth transitions between positions

Additional Whole-Route Ideas

- Use timers to add pace or structure
- Add music to support rhythm and engagement
- Use visual cards or symbols for independent use
- Build into daily routine (start of day / after lunch)
- Encourage pupil leadership (pupil lead stations)
- Adapt intensity depending on pupil arousal levels

Key Principles

These adaptations allow you to scale up or down:

- Increase challenge > more coordination, memory, dual-tasking
- Decrease challenge > slower pace, simplified movement, more repetition



Roll out. Regulate. Reset.

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