The RESET Route™

Part of The **REGULATION** Collection™

User Guide, Technical Specification & Care Information

https://wp.me/PhuyNi-1hx

Head to the REGULATION Collection™ Hub to download your resource pack

Overview

Built for school environments The RESET Route™ is a structured, staff-guided sensory regulation intervention tool designed to support pupils in moving from heightened arousal to readiness for learning.

Recommended Use

The RESET Route™ is designed to be:

- Staff-guided
- Delivered one-to-one, in small groups or supervised whole-class routines
- Used as a consistent, repeatable sequence
- Embedded within wider behaviour and inclusion strategies

The 3-Phase Regulation Pathway



1. ALERT

Purpose: Safely discharge excess energy

Controlled physical movement activities allow pupils to release heightened arousal in a structured way. The phase can also be used proactively to increase alertness, energise pupils, and support motivation before learning begins.

Encourage pupils to complete each activity in sequence before progressing.

2. ORGANISE

Purpose: Organise body and thinking

Co-ordination and attention-based tasks promote deliberate movement and sustained concentration.

Slower pacing supports body awareness, cognitive organisation, and controlled engagement.

3. CALM

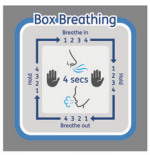
Purpose: Prepare for learning

Breathing and stretching activities regulate the nervous system and support readiness to re-engage.

Model calm breathing and controlled movement to reinforce steady, settled behaviour.

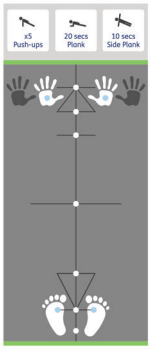
Roll out. Regulate. Reset.

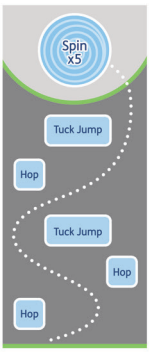














Best Practice Guidance

- Use consistent language across sessions
- Maintain adult supervision at all times
- Encourage pupils to complete the full pathway
- Adapt pace according to individual needs
- Store safely when not in use

Suitable Applications

The RESET Route™ can support:

- Targeted SEND intervention
- Reintegration support
- Post-lunch transition routines
- Pre-learning regulation
- One-to-one or small group structured sessions
- Structured physical activity during wet play or indoor breaktimes

Installation & Positioning

The RESET Route™ requires no installation.

Simply:

- Unroll each mat in sequence - Green > Yellow > Blue
- Position on a flat, dry surface
- Leave sufficient spacing between mats if required
- Check mats are lying flat before use

Suitable for:

- Low-pile carpeted areas
- Smooth indoor flooring

For safety, always ensure the surface beneath is clean, flat and completely dry before use.

Technical Specification

Dimensions (Full Trail Length: 10 metres)

- 2× 85cm × 115cm
- 2× 85cm × 200cm
- 1× 115cm × 200cm
- 2× 85cm × 85cm

Tolerance: ±2%

Material Composition

- Cut Pile
  - Pile Composition: 100% Polyamide – heatset straight
  - Pile Weight: 950 gr/m^2
- Backing
  - Backing Weight: 2.200 gr/m^2
  - VINYL GREENFLEX backing (PVC produced with renewable energy, reducing carbon emissions by 30%) Total Weight - 3.150 gr/m^2
- Mat Thickness: 9mm (6mm pile / 3mm backing)
- Border: 1.5cm rubber border

Safety & Compliance

- Designed to provide enhanced slip resistance on suitable indoor surfaces
- Designed for high-traffic educational environments
- The mats are classified Cfl-s1 in accordance with EN 13501-1 (Reaction to Fire for floor coverings)
- For indoor use only. Not suitable for outdoor or wet environments
- Always ensure the surface beneath the mat is clean and dry before use
- The RESET Route™ is a staff-guided regulation intervention tool and should always be used under adult supervision

Cleaning & Maintenance

Regular Maintenance:

- Shake or beat mats to remove debris
- Vacuum as required
- Keeping the mat clean will help maintain its performance and appearance

Deep Cleaning:

- Machine wash at 30°C on a delicate cycle
- Avoid harsh chemicals, solvents, or bleach
- Stains can be treated using a mild, non-aggressive detergent and rinsed with clean lukewarm water
- Do not wash the mat folded
- Dry flat, away from direct sunlight
- Do not tumble dry

Due to the size of the mats, industrial laundering may be required.

Do not overload washing machines.

Storage

- Ensure mats are fully dry before rolling
- Roll (do not fold) to preserve structure
- Store in a dry indoor environment
- Mats should be visually inspected before each use. Do not use if damaged, excessively worn, or lifting at the edges.

Important Information & Disclaimer

The RESET Route™ is a structured, staff-guided educational regulation intervention tool. It is not a medical or therapeutic device and does not replace professional clinical intervention.

Use must be supervised at all times by appropriate staff.

Schools and organisations are responsible for conducting their own site-specific risk assessment prior to use.

Two Thirds Design Ltd accepts no liability for injury resulting from misuse, unsupervised use, improper surface preparation, or failure to follow the guidance provided.

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.

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Transforming School Spaces

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