

The 5-Minute Reset/Reconnect

A Connection Ritual for Overwhelmed Moments

When the energy's off — they're losing it, you're about to — this is your reset button. It's not about fixing the mess. It's about softening the edge, finding your kid's eyes, and reminding both your bodies: *we're safe, we're together, we start again.*

Not to fix it all.

Not to force calm.

Just to pause. Breathe. And reconnect — heart to heart, human to human.

Use it anywhere — in the car, after school, mid-meltdown on the kitchen floor.

It's one small ritual that helps you both feel a little safer, a little closer, a little more okay.

Step 1: Breathe

Say:

“Let’s take three dragon breaths together.

In through your nose...

Out through your mouth —

slow and strong, like a dragon blowing smoke.”

Then do it with them.

Make it fun, even a little silly.

Stretch out the exhale. Let your shoulders drop.

Match their pace if they’re wiggly or shaky.

You’re not trying to calm *them* — you’re calming *with* them.

Breathe big. Breathe messy. Just breathe together.

Step 2: Feel

Say:

“I’m putting my hand on my heart.

Right now, I’m feeling _____.”

(Whatever’s true — tired, frustrated, sad, just done. No need to make it pretty. Just real.)

Then ask:

“Can you show me how your heart feels — with your hands or your face?”

Let them move. Let them make a silly face or curl into a ball.

There’s no wrong way to feel, and no wrong way to show it.

This isn't about talking it out.

It's about naming what's inside — and letting it be seen, safely.

Step 3: Reconnect

Say:

“I’m here. I love you.

We can start again.”

(Keep it simple. Let the words land.)

Then offer something gentle and physical — a hand squeeze, a pinky promise, forehead touch, or even just sitting close.

Let your body say:

You’re safe. I’m not going anywhere. We’re okay.

You’ve just co-regulated. That’s the reset.

It doesn’t have to be perfect. It just has to be real.

You can print this. Tape it to your fridge. Keep it in your glove box. Save it in your phone.

You don’t need to do it perfectly — just *do it together*.

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