

Feelings and Reset Cards for Teens

Match intensity with a reset action you can count on.

How it works

Cut along the dotted lines and keep the cards on your desk or in your bag. When emotions spike, pick the card that matches and follow the reset suggestion.

Card prompts

Card A: Wired and restless

- Notice: pacing, bouncing leg, loud speech.
- Reset: run on the spot for 30 seconds, then breathe in for 4 and out for 6 five times.

Card B: Foggy and stalled

- Notice: mind blank, scrolling, staring at one sentence.
- Reset: drink water, set a 90 second timer and do any tiny task (open document, write the date).

Card C: Overloaded and close to tears

- Notice: tight chest, shaky voice, avoiding people.
- Reset: step outside or into a corridor, text a safe person, press hands together and breathe out slowly for 8 counts.