THE SOMATIC RESET MENU

Subtitle: *When words are hard, listen to your body.*
Student Instructions: You don't have to talk right now. Look at the options below and point out what your body needs to feel safe.

🧊 COOL DOWN (Temperature & Shock)

Targeting the Vagus Nerve to slow the heart rate.

- **Ice Pack:** (Place on back of neck or over eyes)
- **Cold Water:** (Take 3 slow sips)
- **Cool Air:** (Step outside or sit by a fan)
- **Splash:** (Splash cold water on face/wrists)

🏋️ HEAVY WORK (Muscles & Joints)

Using Proprioception to burn off adrenaline.

- **Wall Push:** (Push against the wall with all your might for 10 seconds)
- **Chair Pull-Up:** (Grip sides of chair and try to lift your body weight)
- **The Squeeze:** (Weighted lap pad or wrap tight in a blanket)
- **Band Stretch:** (Pull resistance band apart as wide as possible)

🥁 RHYTHM & SENSORY (Grounding)

Using Rhythm to regulate the brain stem.

- **Butterfly Tap:** (Cross arms over chest and tap shoulders strictly left-right-left-right)
- **Rocking:** (Slowly rock in a chair or on a yoga ball)
- **Quiet Zone:** (Noise-canceling headphones for 2 minutes)
- **Texture Stone:** (Rub a rough/smooth stone or fidget object)

🍋 TASTE & MOUTH (Oral Motor)

Using Taste to shock the system back to the present.

- **The Sour Shock:** (Eat a Warhead or sour spray)
- **The Crunch:** (Chew on ice chips or pretzels)
- **The Resistance Straw:** (Drink water/smoothie through a very thin straw)

SAMPLE

🏫 Facilitator's Guide (For the Hub Coordinator)

When to use this: Use this menu when a student is "flooded" (red/zone). At this stage, their prefrontal cortex (logic center) is offline. Asking them "Why are you upset?" adds cognitive load and increases anxiety.

The Protocol:

1. **Validate:** "I can see you are overwhelmed. You are safe here."
2. **Offer:** "You don't need to talk yet. Let's get your body feeling better first."
3. **Present:** Place the menu in front of them. "Point to one thing that might help."
4. **Wait:** Allow them 10-15 seconds to process and choose.

💡 The Science Connection (Anatomy of Regulation):

- **The Mammalian Dive Reflex:** Cold water on the face (specifically the ophthalmic branch of the trigeminal nerve) sends an immediate signal to the Vagus Nerve to lower heart rate and conserve oxygen. It is a biological "hard reset."

- **Proprioception:** Heavy work engages the muscles and joints, providing feedback to the brain about where the body is in space. This organizes the nervous system and can reduce the sensation of "floating" or "spinning" often associated with panic.

- **Mastication (Chewing):** The act of chewing and swallowing engages muscles that are evolutionarily linked to the "Rest and Digest" (Parasympathetic) system. It is difficult for the body to remain in high-alert "Fight or Flight" (Sympathetic) mode while eating.

SAMPLE