

RESETOLOGY™

Five Easy Steps To Resetting Success

Resetology™: Calming and Connecting Secrets from the Principal's Office by Jim House

I am SO impressed with your commitment to develop new ways to interact with and connect with your kids!

It's time to try Resetology™ for yourself. I'm going to make it easy for you, so let's jump right in!

1. Get a Resetting Partner!

Make this as easy as possible right from the start and invite someone to join you! Your chances of immediate success will go way up if you find a practice partner. It can be anyone. A friend who also has kids, a friend who doesn't have kids, a neighbor you like, your spouse, a co-worker. A partner will provide you with support, encouragement, the opportunity to become a skilled resetter, and accountability.

My Resetting Partner(s): _____

2. Select a Resetter

Excellent--let's get started!

I'm assuming you are are now both in the same room--or perhaps you are video conferencing on Skype. Your first task is to browse through The Vault (a collection of Resetter Cheat Sheets at the back of the book) and find a Resetter that you would like to try first.

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Some of the Resetters™ are very subtle, like pointing out the apparent softness of the stone in Michelangelo's *Pieta*. Others are more like a getting a glass of cold water in the face. I'll show you both kinds. And just for the record, while an unexpected glass of cold water in the face will certainly reset someone, there are very few instances where you would actually use that. So try to match the appropriate Resetter with the situation and with the child.

Even though I have created and used over 100 different Resetters, I have found that there is a handful that I use most frequently. As a principal, I used these "go to" Resetters with probably 50 percent of the kids I dealt with. You may find the same is true.

3. Read the Cheat Sheet

Read the directions for the Resetter a couple of times, until you feel comfortable. While you read, try to visualize yourself using the Resetter.

The "What-to-do" directions and "Tips" on the Resetter Cheat Sheets contain all the information you need to successfully use each Resetter.

Since you have committed to preparing in advance (MORE APPLAUSE!)

I want to give you some suggested elements to focus on when practicing each of the Resetters™ in the Vault:

Invisible Beach Ball Tai Chi

- Practice the directions you will give to the kids at the beginning--before they actually pick up an imaginary beachball.
- Know that you are in a teaching role--you are giving them direction, and the kids are following you.
- Make your voice sound like this Resetter™ is the coolest thing you've ever done in your life, and you can't wait to share this with them.
- You can choose to lead silently after the initial directions and if they are getting the hang of it.
- Keep it positive--if they are doing it "wrong" that just means you have the opportunity to reinforce a particular direction again. Cool!
- You can pause or repeat a movement to give yourself time to think of what to do next.
- Come up with as many different movements as you can think of!

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Epoxy Grip

- While adding a dramatic element can strengthen every Resetter™, Epoxy Grip actually requires you to be dramatic in order to be successful.
- The goal here is to be so absolutely convincing in your "stuckness" that the child is tempted to think that maybe you really are stuck; of course they won't actually believe that, but that's your goal.
- Pay close attention to the Tips on the Cheat Sheet for how to grip the child's hand

Cartoon High Five

- The same dramatic considerations regarding Epoxy Grip apply here, as well.
- Your focus here should be on contrast--between the before and after.
- Before the High Five your face is filled with excitement and anticipation; and as soon as you make contact, your face immediately explodes into a look of mock shock and pain.
- Practice rapidly changing your facial expression,
- Maximize the contrast between your before and after faces,
- It's all in the face. While the physical element of this Resetter is very obvious and fun (shaking your hand in intense pain, etc) go for sudden contrast in your face, and then continue to allow your face to cycle through shock, and pain, and disbelief as you continue to play it up.
- So, practice over and over that initial face switch that happens when you make contact. Nail that and the rest is easy!

Giant T

- This works great with younger kids. And it will work very effectively with anyone you can get do it with you--regardless of age.
- You are back in the teaching role.
- You are giving step-by-step directions for them to follow throughout this entire Resetter™.
 - You give a verbal direction
 - You model (show them) how to do it.
 - You pause and wait for them
 - They imitate you.
 - REPEAT
 - REPEAT, etc

Do the Ninja

- You are back in the teaching role.
- You are giving step-by-step directions for them to follow throughout this entire Resetter™.

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- Imagine you are the instructor leading a fitness class at the gym--only more fun!
- But it's even better than that--you are teaching young ninjas at the covert ninja training facility.
- Focus on being confident, and pretend you really are the ninja master-- but a fun one!

100 Steps

- The critical element here is to focus on giving clear directions
- Remember, kids will always do whatever you tell them to do--so if you are not specific enough, they will find the ambiguity in your directions.
- Practice being precise and clear.
- As you practice this with your partner, take turns being the child who takes advantage of the ambiguous direction--you know exactly what I'm talking about!
- Keep it positive--if they are doing it "wrong" that just means you have the opportunity to reinforce a particular direction again. Cool!
- Be enthusiastic.

Sci-Fi Fingers

- This is a fun Smile Resetter™!
- This can work in two ways:
 - First, practice creating the V and the W ahead of time so you can blow them away with your amazing dexterity!
 - Or second, if these finger contortions are difficult for you, you can give yourself an assist: you still do the V and W exactly as presented in the Cheat Sheet, except you use your other hand to help form your fingers into the V and W! Remember--the focus is on **them** trying to execute the V and the W--it doesn't really matter how well you can do it on your own. They just need to know what they are supposed to imitate!

Elbow-Flex Launch

- This is a fun Smile Resetter™!
- The important thing to focus on here is the tone with which you draw them in. You want your tone and demeanor to say, "Hey check this out-- this is the coolest thing you've ever seen your life!"
- Don't strain your elbow by practicing this too much!

4. Practice, Practice, Practice

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I encourage you to practice each Resetter a few times before you use it. You can make this fun by using a little role-play with your resetting partner. Have some fun with it. Practice being silly and unpredictable: it will make it easier when you use the Resetter with your kids. Laugh at each other. Encourage each other and give each other suggestions. Challenge each other to make it even more unexpected or dramatic.

If you do not have a partner, I recommend that you practice in front of a mirror: the mirror won't laugh at you, so you'll have to laugh at yourself. Surprise yourself! By practicing each Resetter, you'll feel confident that you know what to do when the opportunity arises. Here's a hint: your Resetter does not have to be word-for-word from the Cheat Sheet to be effective.

Another benefit of rehearsing in front of the mirror is that you can practice using different faces and poses. These are not essential, but can add a significant impact to your Dramatic Resetting!

Pre-load the Resetter. This is a simple step of mentally preparing yourself to reset. And give yourself a personal locker-room style pep talk:

- Have fun
- Be confident
- Be surprising
- Be expectant
- Be flexible
- Be compassionate
- Be ready for some amazing results!

Prepare yourself for action by reviewing the Get-Set Checklist in Chapter 7 and becoming familiar with it.

5. Try it out!

Don't wait until you can do this perfectly—start right now! You don't have to wait for an emotionally volatile situation to try Resetology™ for the first time. Try a Resetter in a random situation *just to see how your child reacts*.

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Go try it right now! If Walk up to one of your kids, hold out your hand as if you were offering them a bowl of candy, put a curious look on your face, and then ask them, "Would you eat a bowl of worms for a hundred dollars?"

I Want To Hear Your Stories!

Share your stories of practicing with your partner!

Share your stories of your first attempts at resetting!

Share your struggles and share your successes!

I would like to invite you to share your own stories of resetting with me and your fellow parents. There are some important reasons to consider doing this:

YOU can help other parents and kids. Other parents may identify with your specific situations in a way they did not connect with my examples. The light bulb may go on for them, and they suddenly see how or when they can use Resetology™ in their own life. Not only does this have the power to help the parents, but their kids benefit as well.

These can be videos or you can write them out.

Submit stories/videos at: <http://www.resetology.com/book/submit-your-story>