



THE BIG-ENERGY RESET CARDS

12 resets from Finn & Zip — for wiggly bodies and busy brains

HOW TO USE THESE CARDS

1. Print on cardstock and cut along the lines (kids love helping).
2. Practice each reset when things are CALM — that's how it's there when things aren't.
3. Keep them where the flashpoints happen: the table, the car, the backpack, the classroom calm corner.

Every card is a reset Finn uses in the books. One skill per card.
Under 30 seconds. No lectures.

atlasmoonpublishing.com/finn-and-zip

Finn & Zip — Book 1: Finn Can't Sit Still · An Atlas Moon Publishing series

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ROCKET-SQUEEZE



WHEN YOUR BODY WON'T SIT STILL



- 1 SQUEEZE everything tight, like a rocket on the launchpad.
- 2 COUNT DOWN 3...2...1 with one slow breath.
- 3 BLAST the wiggles out — shake! — then land soft and still.

"Rockets don't stop. Rockets get ready." — Zip

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2

POCKET-THE-ROCKET

WHEN A THOUGHT WANTS TO JUMP OUT OF
YOUR MOUTH

- 1 Catch the thought.
- 2 Zip it in your pocket — hand on pocket keeps it safe.
- 3 When the door opens (your turn!), launch it.

"Good thoughts keep." — Zip

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3

SPOT-THE-GOLD



WHEN WAITING FEELS IMPOSSIBLE



- 1 Find 3 gold or yellow things you can see.
- 2 Find 2 things you can hear.
- 3 Take 1 slow breath. Still waiting? Play again.

"Waiting has treasure in it." — Zip

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4

STORM-COUNT



WHEN LOSING MAKES A STORM INSIDE



- 1 Name it out loud: "I'm storm-mad."
- 2 Count the thunder down: 5...4...3...2...1, slower each number.
- 3 When the rain stops, say "good game."

"Storms pass. Players stay." — Zip

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5

LANDING-GEAR



WHEN SCREEN TIME IS ENDING



- 1 Five minutes left: circle the runway (finish your round).
- 2 One minute: wheels down.
- 3 Screen off: you've landed — stretch your wings!

"Pilots land. They don't crash." — Zip

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6

ECHO-ECHO



WHEN INSTRUCTIONS KEEP FLYING AWAY



- 1 Say it back LOUD.
- 2 Whisper it.
- 3 Mouth it silently. Three echoes lock it in.

"Echoes stick." — Zip

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TURTLE-SHELL



WHEN EVERYTHING IS TOO LOUD



- 1 Cup your hands over your ears — that's your shell.
- 2 Take three slow turtle breaths.
- 3 Find a quiet harbor. Come back when you're ready.

"Big ears deserve a harbor." — Zip

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LAUNCHPAD



WHEN YOUR STUFF KEEPS DISAPPEARING



- 1 Pick ONE launchpad spot by the door.
- 2 Backpack, shoes, jacket land there — every time.
- 3 Morning count: 3...2...1, all aboard.

"Rockets launch from the same pad." — Zip

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COUNTDOWN-CATCH



WHEN IT'S TIME TO GO (AND YOU DON'T WANT TO)



- 1 Pick your LAST thing — and do it.
- 2 Count it down together: 3...2...1.
- 3 Catch the best memory ("what was the best part?") — and go.

"Take the best bit with you." — Zip

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ANCHOR-DROP



WHEN YOUR MIND DRIFTS AWAY MID-THING



- 1 Feet flat on the floor — drop anchors.
- 2 One hand on the desk. Say "I'm here."
- 3 One breath... back to it.

"Anchors hold, clouds float." — Zip

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MORNING LAUNCH



WHEN MORNINGS TURN INTO A SCRAMBLE



- 1 Dress, then eat, then teeth.
- 2 Shoes + backpack from the launchpad.
- 3 Countdown at the door: 3...2...1 — LAUNCH!

"Same order, every orbit." — Zip

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12

HOVER LIKE ZIP



WHEN YOU NEED CALM — ANYWHERE



- 1 Arms out. Tiny wing-wiggles.
- 2 Breathe in 2-3, out 2-3.
- 3 Slow the wings... and hover. Still as a held breath.

"Hovering is flying, too." — Zip

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