

First-Then & Regulation Reset Mats: Quick Start Guide

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Preparing Your Mat Safely

- **Print on thick matte card (200 to 250 gsm) to eliminate harsh overhead lighting reflections.**
- **If laminating, use a corner rounder punch or scissors to clip every sharp 90-degree corner into a smooth curve.**
- **Use wide Velcro dots or non-toxic reusable putty. Avoid peel-and-stick magnetic strips around toddlers or children who mouth items.**

How to Use Without Creating Demand Anxiety

- 1. Never Use as a Threat: Avoid saying, "If you don't do this, you won't get that." Frame it as an unchanging rhythm: "First boots on, then the playground swing."**
- 2. One Low-Demand Step at a Time: The "First" box holds a single clear task. The "Then" box holds a regulating, comforting, or intrinsically motivating anchor.**
- 3. The Reset Grounding Strip: When sensory overload or task freeze takes over, pause the sequence entirely.**

Guide small fingers to the bottom tactile strip: 3 deep palm presses, 2 turtle breaths, or sliding a thumb along the textured line before re-engaging.

Safety Reminder: Loose laminated visual tokens and adhesive pieces are choking hazards for children under three. Keep spare tiles stored out of reach in a zip pouch.



FIRST & THEN

"We take one step, then we rest together."

FIRST



Card Pocket /
Velcro Space



THEN



Card Pocket /
Velcro Space

