Conscious Discipline

7 Basic Skills for Brain Smart Classroom Management
What is Conscious Discipline?

- A comprehensive emotional intelligence and classroom management program
- 7 skills of discipline, each including practical applications of how to structure the classroom, establish routines/rituals, and specific preventative and response interventions.
- It was designed by a teacher, for teachers!
Why are we using Conscious Discipline?

Good news:

- There are many overlapping or similar strategies between CD and the behavioral strategies we are already using. Even better news...there is also overlap between CD and Creative Curriculum.

- Initiative for the new school year: School-wide social/emotional and behavior management system. This will allow all staff to work in a more integrated and collaborative way.

Disclaimer
1: Composure

- “Being the person you want others to become.”
- The brain functions best in safe environment
- “My job is to keep the classroom safe, Your job is to help keep it that way”
- Stress reduction/relaxation activities
- “Safe Place”
**Drain**

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.

**S.T.A.R.**

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

**Pretzel**

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

**Balloon**

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpbpb” sound.
2: Encouragement

"Building a school family/We are all in this together"

- Building a school family
- Friends and Family board
- Routine and rituals
- Meaningful jobs
- Ways to be helpful
Friends and family board/book:
Job Board:

Our School Family JOBS

- STAR leader: Isabelle
- Line Leader: Etzi
- Door Holder: Dilana
- Caboose: Reo
- Good-bye Wisher: Seth
- Kindness Recorder: Madison
- Greetor: Nik
- Leader: Evan
- Librarian: Nolan
- Weather Weenie: Sonya
- Message Minder: Taylor
- Calendar Cutie: Sawyer
- Message Pointer: Brooklyn
- Safety Monitor: Kai
- Weil Wisher: Avery
- Class Counter: Levi
- Band-Aid Brigade: Honey
- Clean-up Crew: Justin
- Paper Pesseract: Kayleigh
- Paper Collector: Brooklyn
Our School Family Jobs
Daily Schedule

8:45  Busking
9:00  Bathroom
9:30  Breakfast
10:00 Circle Time
10:30 Music
11:00 Cooking
11:30 Art Project
12:00 Art
12:30 Playground
1:00 Lunch
1:30 Goodbye Circle
2:00 Bath Time

Greetings  Circle
Hi5  Calm
Wish Well  Connect
Commit  Noticing Game
Stop & Go  Flower Breathing
Baby Doll Circle Time  Goodbye Circle
I Love You Rituals

Humpty Dumpty
Humpty Dumpty sat on the wall,
Humpty Dumpty had a great fall.
All the Queen's horses and
All the King's men,
Could not put Humpty together again.

Georgie, Porgie
Georgie, Porgie, pudding and pie,
Gave his friend a big high five!
With his friend he loved to play,
Gift of a smile he gave each day.

Here's the Bunny
Here's the bunny with the ears so funny.
Here's the hole in the ground.
When a noise she hears,
She picks up her ears,
And jumps in the hole in the ground!

I love you rituals
Hello/Goodbye Rituals
Ways to be helpful board:
(Acts of kindness, Bucket Fillers, Superfriends...)
3: Assertiveness

- Assertiveness comes from the "power of attention". What you focus on, you get more of.
- Assertive commands
- Tell and Show
- "I" messages
- Time Machine
I-Messages

When something is bugging me I can say...

"Please stop doing that."  "I don't like it when you _____."  "That makes me feel angry."  "I'm upset because _____."  

"I feel mad when you ____."  

or I can...  
walk away  
take 10 deep breaths  
talk to someone else  
write about it  
talk about it when I feel calm  

Time Machine
Are you willing?

Wish well

1-2-3

Let's do it!

Wish well

S.T.A.R.

I don't like it when you___
Please____

Let's do it!

I don't like___
Please___

1-2-3

Wishing

We'll

Be A Star

Are you willing?

Okay, I can do that.

I don't like___

Please___
4. Choices

- The only person you can make change is yourself
- Picture rule cards
- Empower while setting limits
- "You may ___ or ___ what is your choice?"
Rules &
Expectations

Class Rules

1. Hands to self.
2. Listening ears.
3. Walking feet.
4. Inside voices.
5. Be kind to others.

Rug Rules

- raising hand
- facing forward
- criss cross
- hands still in lap
- eyes looking
- ears listening
- applesauce
5: Positive Intent

- Seeing the best in others
- Children cannot behave differently until they are seen differently
- What you focus on, is what you get more of
- Reframing-calling for love/help
- Creating teaching moments
- Celebration Center
Celebration Center
6: Empathy

- "The moment as it is; The power of acceptance."
- Listening strategies: Mirroring, Validating, Empathizing
- See, Feel, Hear
"We Care" Center
7: Consequences

- Mistakes are opportunities to learn
- Intentions behind administering consequences = to teach!
- Types of consequences: Natural (G.A.M.E.S), Imposed (C.I.R.C.L.E), Problem solving (P.E.A.C.E)
- Circle Time
What might this look like in our school?

- Regular small group meetings to teach and discuss each of these skills.

- During these training sessions, classes will be grouped based on types of children in order to help tailor the program as needed.

- In between these meetings, each classroom will work on implementing the skill, to be later discussed and presented on in the next session.

- School wide bulletin board.
What are you already doing in your classroom that looks like Conscious Discipline?

Activity for next time: Where is your safe place going to be?!
The End.