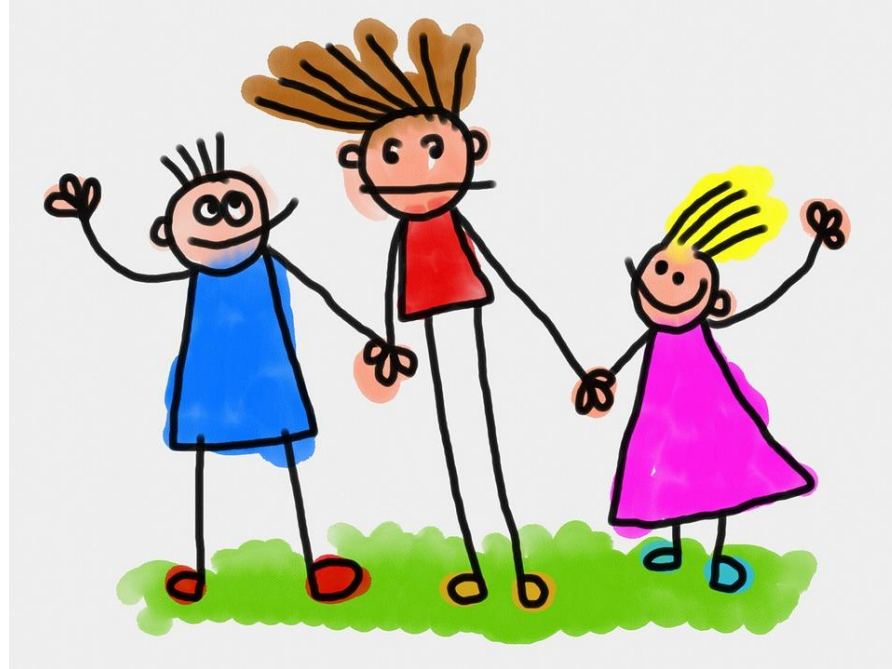

Conscious Discipline

— overview of the basics —

Foundation of CD is Connection!



4 Essential Steps to Reach a Child:

1. See the call for help: decode the communication
2. Teach how to self-regulate: through your response to upset
3. Make a connection: create a healthy attachments and school family
4. Teach missing social skills: skills necessary to be a healthy member of the school family.

CD is about transformational change:

We must:

1. See conflict as a call for help, instead of disrespect
2. See conflict as a teaching opportunity, rather than a disruption to traditional learning.
3. See children as capable of self-regulation instead of needing to be controlled.
4. See connection as the most powerful motivating force for achievement.

MAKING CONNECTIONS START HERE:

Structure in classrooms: visual (pictures) routine and rules

1. Time Machine (show video)
<https://consciousdiscipline.com/videos/conflict-resolution-time-machine/>
2. We Care Center
3. Kindness Tree
4. Job Board
5. Safe Place (Explain the Safe Place: what does safety feel, sound, look like)
6. Wishing Well Board (eg: student sick, on vacation, bad day)
7. Ways to be helpful images
8. Shubert books (Counseling Office, library)
9. Music CDs

Steps to get out of power struggles:

1. Be composed: decide NOT to fight! "I'm going to take a few deep breaths and calm myself down before we talk."
2. Use an assertive voice: "It's clean-up time." If they comply, "You did it!" If not...
3. Give two positive choices: "Would you like to ___ or ___?" If they comply...
4. Seek to understand before being understood: Mirror their intentions & feelings: "I can see from the look on your face that you're frustrated b/c you didn't know how to get started..." If they comply, "You did it!" If not...
5. Repeat choices: "Would you like to pick up the red blocks or the blue blocks?" If they comply, "You did it!" If not...
6. Consequences: You choose for them with love.

Conscious Discipline Resources:

1. CD website: consciousdiscipline.com (videos, research, books, articles--FREE!)
2. Shiloh Library & Counseling Office
3. CDs with the basic tenants (Mrs. Mitzel)

*Take one step at a time, learn it, and practice, practice, practice it.