We are all in this together - using connection to create optimal learning environments

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Let’s talk about the Brain:

**Brain Stem:** activated under threat
Seeking Safety

**Limbic System:** activated when the world isn’t going our way
Seeking understanding and connection

**Pre frontal Cortex:** Problem solving in social situations
Seeking solutions
Notes on the brain:

### 4 Brain Smart Principals  ([www.consciousdiscipline.com](http://www.consciousdiscipline.com))

1. **The brain in pattern seeking**
   - Visual Schedule
   - Visual Routines

   **CHAOS needs structure:**
   **M- Model**
   **A- Add pictures**
   **P- Practice**

   Activity 1: Focus on a time of day that feels Chaotic. MAP this part of the day:

   - **Safety in Transitions = Structure in transitions:**

   Notes on transitions:

2. **The best exercise for the brain is exercise:**
Notes on incorporating movement in my classroom:

**Circle time tips:**
**Appropriate length of group:**

*Passive Activities:*

*Active Activities:*

Notes on circle time:

3. **The brain functions optimally when it feels safe:**

   ![Diagram showing safety, structure, composure, and assertiveness](image.png)

   The power of perception- How we see defines what we see:
The skill of composure:
• Focus on what they want the child to accomplish
• Utilize connection instead of control as the motivation to behave
• Celebrate the child’s successes

See situations from the child’s perspective as well as their own.

Power of Attention: What you focus on you get more of:

Skill of Assertiveness:

When children are held accountable they are given:
Opportunities to handle upset

The message is adults will keep you safe

Ways To increase safety in the classroom
4. **Connections on the outside build connections on the inside** – and wire the brain for willingness and self-control.

**Connections involve:**
1. Eye contact
2. Touch
3. Being present
4. In a playful situation

**Becky Bailey’s I love you rituals:**

*Peter peter pumpkin eater had a friend he loved to greet*
*Treated him with kind respect and in the morning hugged his neck*

*There was a little mouse, who had a little house and lived up there*

*Here’s the bunny with the ears so funny here’s the hole in the ground, when a noise she hears she perks up her ears and jumps in the hole in the ground.*

*Row row row your boat gently down the stream merrily merrily merrily merrily you are but a dream.*
Ways to incorporate connections into my classroom:
Greetings/ Good byes

Transitions

Wish Well

Sources:

www.consciousdiscipline.com (5 brain smart principals)
I love you rituals, Dr. Becky Bailey
Conscious Discipline, building resilient classrooms, Dr. Bailey
There’s Got To Be a Better Way, Dr. Bailey

Thank you for your time! I wish you well!

Annie Hoff LICSW, RPT-S,
Certified Conscious Discipline Instructor
Anne.hoff@consciousdiscipline.com