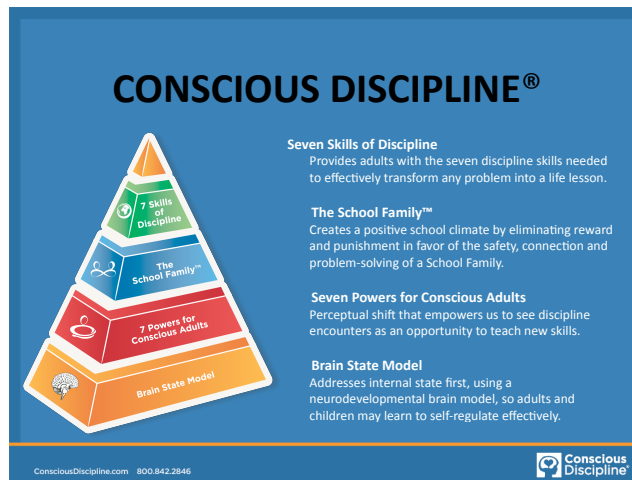


We are all in this together- using connection to create optimal learning environments

| | Traditional Discipline (compliance Model) | Conscious Discipline Community Model |
|-------------------|--|---|
| Motivation | Rewards/Punishment | Connection/Contribution |
| Goal | Obedience | Problem Solvers |
| Power | External Control | Internal Self Regulation |
| Skills | Consequences | Seven Skills of Conscious Discipline |



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)

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:

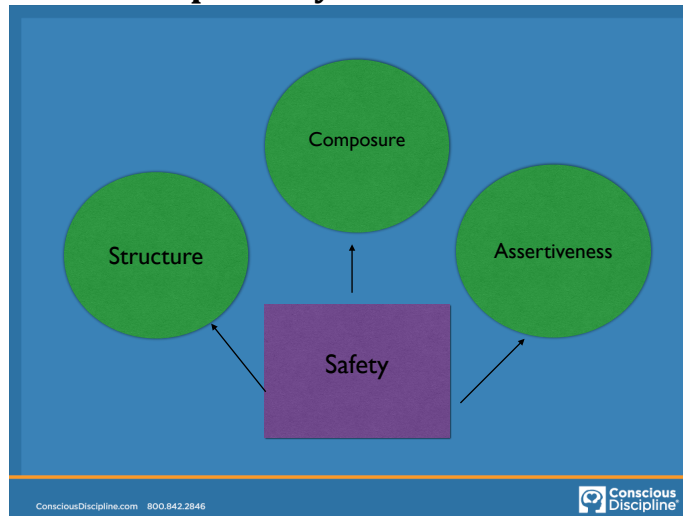
Appropriate length of group:

Passive Activities:

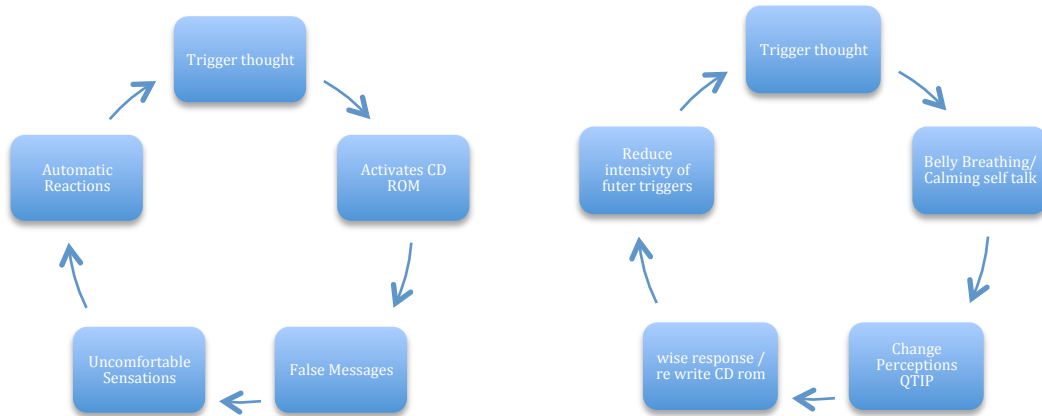
Active Activities:

Notes on circle time:

3. The brain functions optimally when it feels safe:



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

NOTICING

- Verbally describing child's non verbal actions without judgement.
- Helps achieve eye contact to foster connection
- Helps bring awareness to pre frontal cortex



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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!

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