

# MAKING THE SHIFT: AN INTRODUCTION TO CONSCIOUS DISCIPLINE



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## PLAN FOR THIS MORNING

- Video- how to build a bully from scratch
- The importance of changing state first
- Introduction to the brain state model

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# A VIDEO



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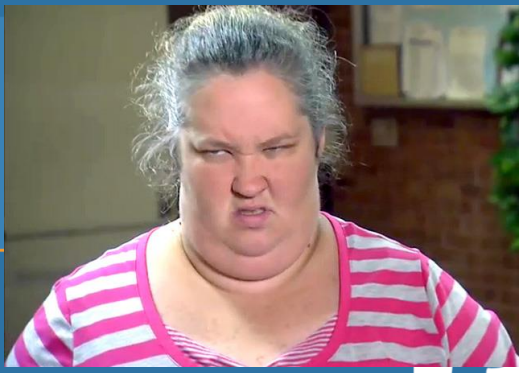
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THE KIDS WHO NEED THE MOST LOVE WILL ASK FOR IT IN THE MOST UNLOVING OF WAYS.



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### State dictates behavior



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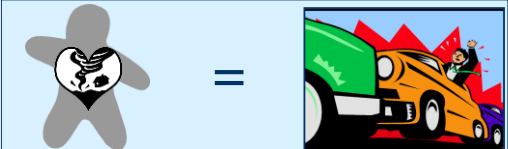
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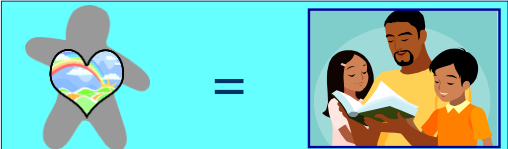
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More likely to be hurtful.



More likely to be helpful.



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### We tend to focus on behavior



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We're working so hard because we're trying to do it backwards.

Change the state **first.**  
Change the behavior **second.**



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### Internal states



**Temporary upset** – Fume briefly at the person who took your parking spot.

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## Internal states



**Long-Term irritation** – Builds into a belief that someone or something exists just to annoy you!

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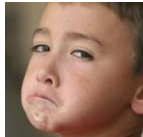
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Our current state of mind activates a cluster of brain activity that engages beliefs, feelings and actions.

- Neuroscientist Daniel Siegel

I perceive/believe \_\_\_\_\_ is true.  
Therefore, I feel \_\_\_\_\_,  
Which dictates my behavior.



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### Shift from control to connection



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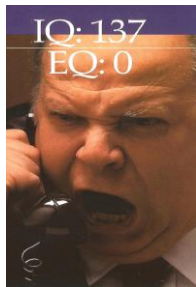
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### Make the shift...

- Shift from controlling others to learning how to control ourselves and connect with others.
- Conscious Discipline teaches adults and children how to self-regulate.



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### The old way:

My job is to make you behave and your job is to make my job hard!



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**The Conscious Discipline way:**  
My job is to keep you safe.  
Your job is to help keep it that way.



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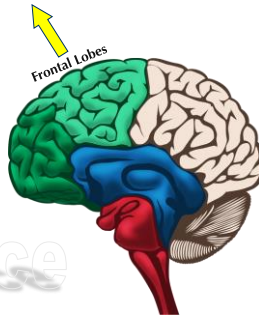
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**Higher centers = respond**



Brilliance

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**Lower centers = react**



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**Conscious Discipline helps you access your brilliance and pass it to your children.**



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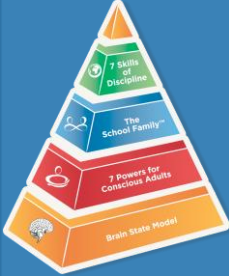
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# CONSCIOUS DISCIPLINE®



**Seven Skills of Discipline**  
Provides adults with the seven discipline skills needed to effectively transform any problem into a life lesson.

**The School Family™**  
Creates a positive school climate by eliminating reward and punishment in favor of the safety, connection and problem-solving of a School Family.

**Seven Powers for Conscious Adults**  
Perceptual shift that empowers us to see discipline encounters as an opportunity to teach new skills.

**Brain State Model**  
Addresses internal state first, using a neurodevelopmental brain model, so adults and children may learn to self-regulate effectively.

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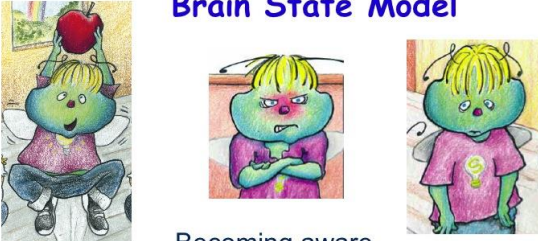
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## Conscious Discipline Brain State Model



**Becoming aware of your own thoughts and feelings is a major accomplishment.**

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### Conscious Discipline® Brain State Model

<b>Executive State (Prefrontal Lobes):</b> <ul style="list-style-type: none"><li>• Create options</li><li>• Goal achievement</li><li>• Choice</li><li>• What can I learn from this?</li></ul>	 Problem-Solving
<b>Emotional State (Limbic System):</b> <ul style="list-style-type: none"><li>• Preprogrammed CD-rom</li><li>• Memory</li><li>• Directs attention</li><li>• Am I loved?</li></ul>	 Connection
<b>Survival State (Brain Stem):</b> <ul style="list-style-type: none"><li>• Defense/attack</li><li>• Arousal</li><li>• Fight, flight, freeze</li><li>• Am I safe?</li></ul>	 Safety

**The brain always functions as a whole.**

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Conscious Discipline helps adults

Un-hook  
Themselves



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**PUT ON THE PAUSE**



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### Active Calming

#### Breathe deeply:

- S**mile
- T**ake a breath
- A**nd
- R**elax



#### Use affirmations:

- I am safe
- Keep breathing
- I can handle this

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Put the  
**Oxygen  
Mask**  
On Yourself **FIRST**



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See the world  
from their  
point of view




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### Am I safe??



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### AM I LOVED?



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### What can I learn from this?



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## Conscious Discipline answers these questions

- **Safety**- Through self (and co) regulation
- **Connection**- Through the school family
- **Problem Solving**- through changing our perception and response to conflict.

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### QUICK QUICK SLOW.....

→ Quick opportunities in the moment to teach skills....

→ *Slow Building of relationships*

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Video on Connections



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**THANK YOU!!**  
I wish you well!!



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