MAKING THE SHIFT: AN INTRODUCTION TO CONSCIOUS DISCIPLINE

PLAN FOR THIS MORNING

- Video - how to build a bully from scratch
- The importance of changing state first
- Introduction to the brain state model
A VIDEO
State dictates behavior

More likely to be hurtful.

More likely to be helpful.
We tend to focus on behavior

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

Change the state first.
Change the behavior second.

Internal states

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

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

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.
Shift from control to connection

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.

The old way:
My job is to make you behave and your job is to make my job hard!
**The Conscious Discipline way:**
My job is to keep you safe.
Your job is to help keep it that way.

**Higher centers = respond**

**Lower centers = react**
Conscious Discipline helps you access your brilliance and pass it to your children.

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.

Conscious Discipline
Brain State Model

Becoming aware of your own thoughts and feelings is a major accomplishment.
The brain always functions as a whole.
Conscious Discipline helps adults

Un-hook Themselves

PUT ON THE PAUSE
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

Put the Oxygen Mask On Yourself FIRST

See the world from their point of view
Am I safe??

AM I LOVED?

What can I learn from this?
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.

QUICK QUICK SLOW.....

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

→ Slow Building of relationships
THANK YOU!!
I wish you well!!