



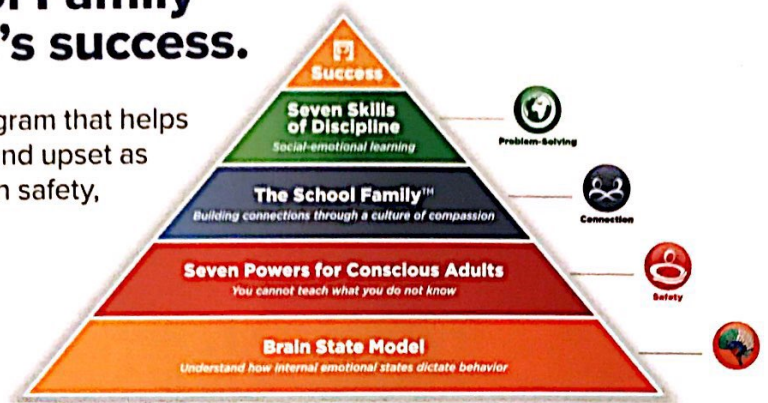
Our school uses Conscious Discipline to create a compassionate School Family that ensures every child's success.

Conscious Discipline is a research-based program that helps adults stay calm enough to see misbehavior and upset as a signal to teach instead of punish. It is built on safety, connection and problem solving.



Smile
Take a deep breath
And Relax

Our primary job as adults is to remain calm or regain our sense of calm. A child cannot calm down in the face of an adult who is yelling or otherwise distressed. Taking three deep belly breaths is essential to calming our selves and our children.



Connection increases cooperation and is essential for healthy relationships. More connection means fewer power struggles and upsets! Connect with children using activities that have eye contact, touch, playfulness and presence. The “Twinkle, Twinkle” I Love You Ritual is a great place to start!



Twinkle Twinkle

♪ **Twinkle, twinkle little star,**
Touch child's fingers, wiggling them.
♪ **What a wonderful child you are.**
Bring arms down to gently rest on child's shoulders.
♪ **With bright eyes and nice round cheeks,**
Touch child's eyebrows and cheeks.
♪ **A talented person from head to feet.**
Touch child's head and feet.
♪ **Twinkle, twinkle little star,**
Touch fingers, wiggling them.
♪ **What a wonderful child you are. Hug.**
© 2017 Loving Guidance, Inc. All rights reserved. www.ConsciousDiscipline.com

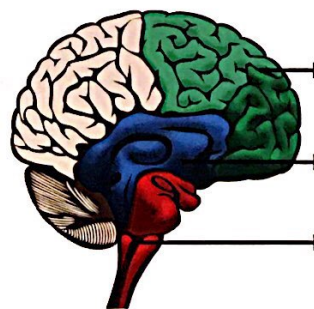
Conscious Discipline uses a simple brain model to help us understand children's behavior in order to apply effective solutions.

Our first goal is to remain calm enough to see the need behind the child's behavior. Our next goal is to help children (and ourselves) progress from a lower brain state to a calm, integrated Executive State.

For example:

- A child throwing a tantrum is experiencing a Survival State and needs safety. Deep breathing and our calm reassurance will help him feel safe.
- A child who is sassily blaming others is experiencing an Emotional State and asking, “Am I loved.” Building a sense of connection will help him feel loved and valued.
- A child who is calm, alert and composed is experiencing an Executive State. He is ready to problem solve and learn new skills.

Conscious Discipline' Brain State Model



Executive State

Need: Problem solving opportunities
Looks like: Wisdom, unlimited skills
Message: What can I learn?

Emotional State

Need: Connection
Looks like: Back talk, sass, yelling, verbal reactions
Message: Am I loved/connected?

Survival State

Need: Safety
Looks like: Hiding, fighting, surrender, physical reactions
Message: Am I safe?