



Conscious Discipline

Conscious Discipline focuses on creating a long-term, lasting success by guiding us to become conscious, present, attuned & responsive to the needs of ourselves & the children in our classroom.

Traditional

Make Others Change
Rules & Consequences as Foundation
Conflict is Bad

Conscious Discipline

Change Yourself
Relationships as Foundation
Conflict is an Opportunity for Growth

Children need to feel safe and loved before they are ready to learn

Am I Safe?

- Rituals, routines, consistency make children feel safe
- Greetings at door: <https://www.youtube.com/watch?v=z24LdbTkoVg>

Am I Loved?

- Ask about their day; let them tell you their stories
- I love you rituals with connections:
 - <https://www.youtube.com/watch?v=9dn8EJUqBMc>
 - <https://www.youtube.com/watch?v=C3PtrlnUm4U&t=37s>

Your Behavior: Be a STAR - Stop, take a deep breath and relax

Assume Positive Intent: Particularly when dealing with children, seeing the best in them is the only perceptual frame that will enable us to teach new skills rather than project guilt, hurt and other negative feelings.

6 Steps to Positive Intent:

1. Breathe and attribute positive intent to the action
2. Put words to the child's action
3. Finish speaking the positive intent out loud
4. Assertively set the limit and explain why
5. Teach the acceptable behavior
6. Reinforce the action by telling the child how his/her new skill is successful

ACT When Negative Behavior

A – Acknowledge the child's feelings, wishes and wants.

C – Communicate the limit in terms of safety

T – Target acceptable behavior