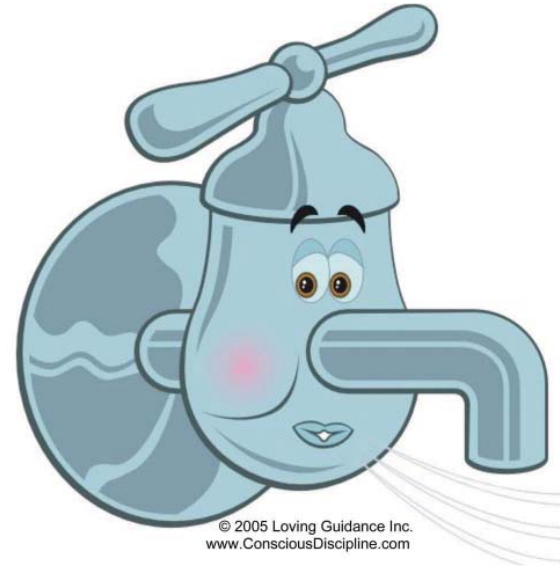




S.T.A.R



Drain



Balloon



Pretzel



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpbpb” sound.

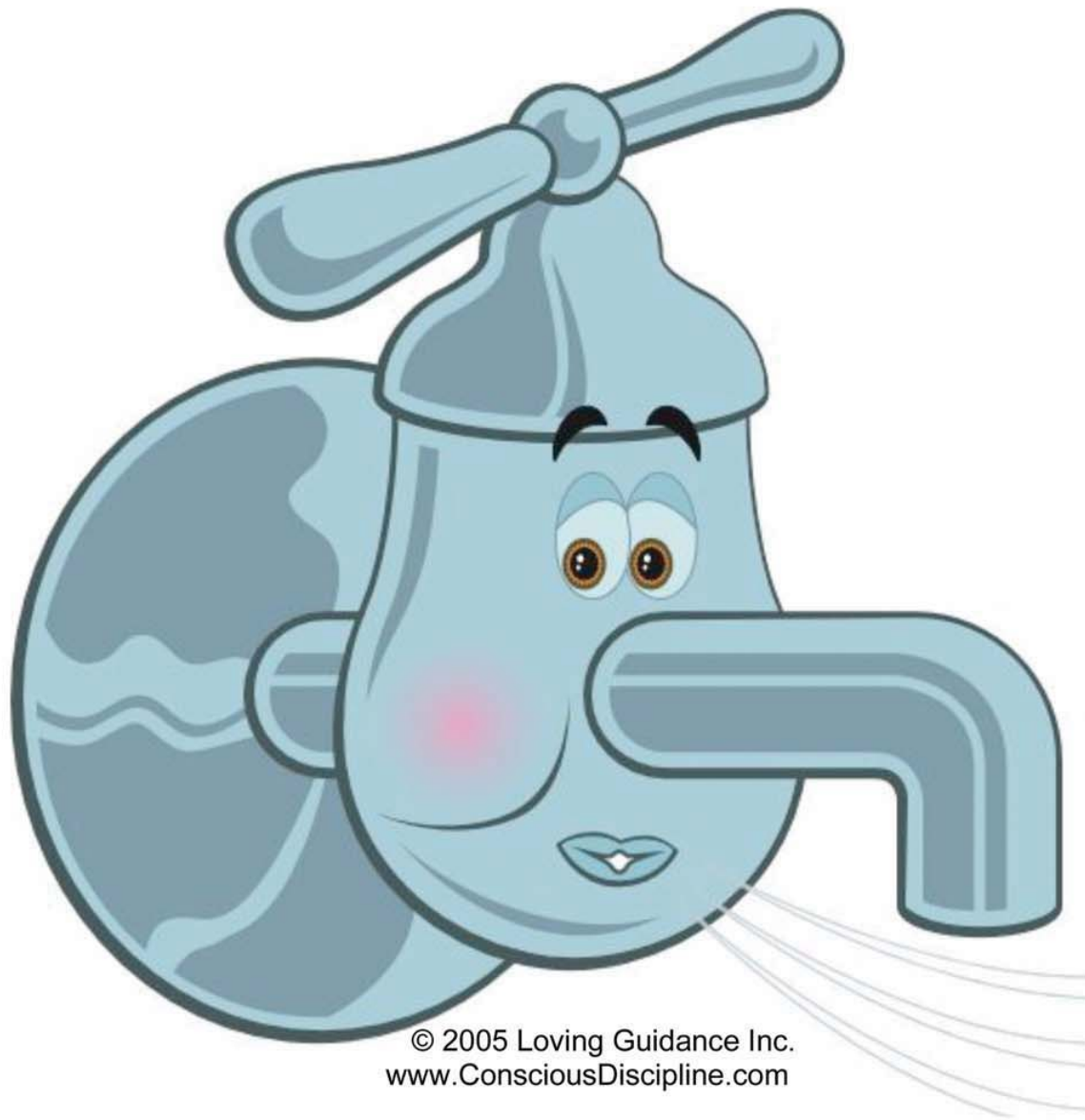


©2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

S.T.A.R

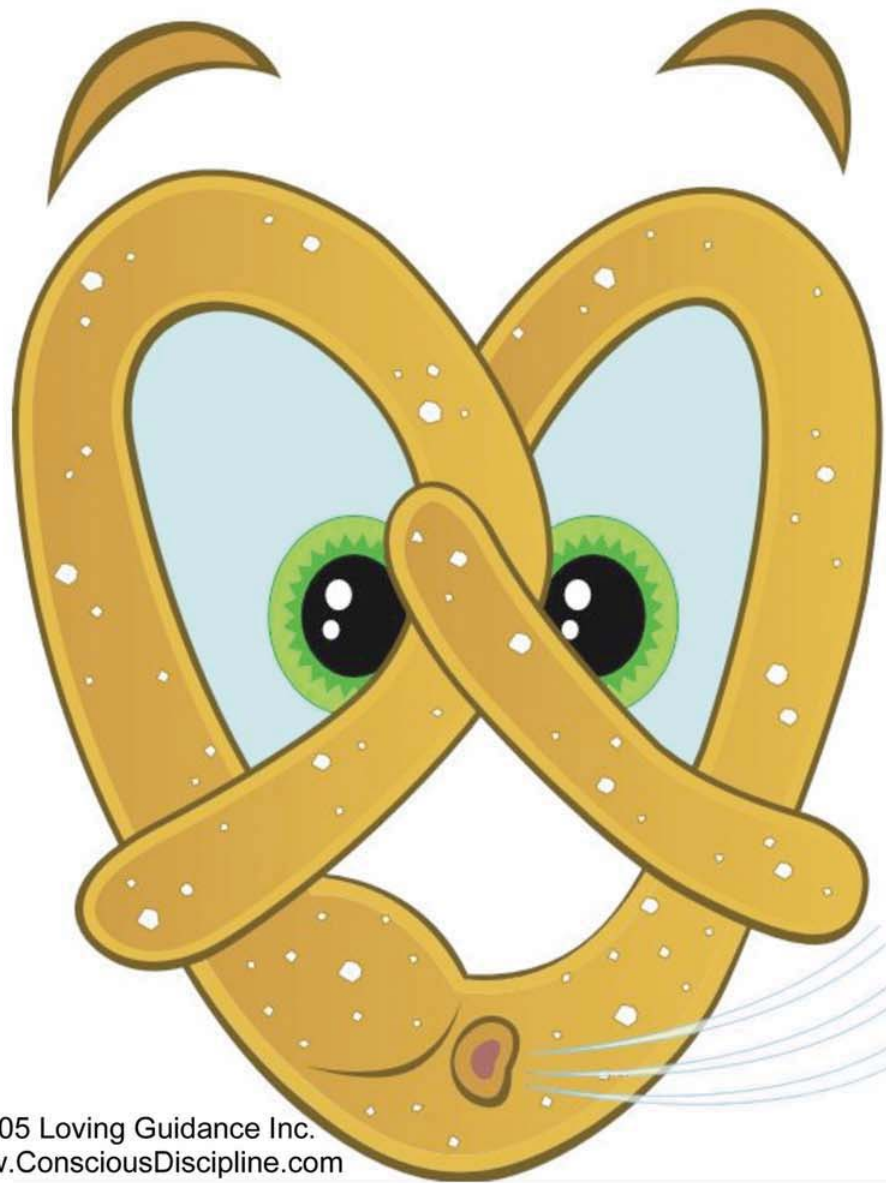


Balloon



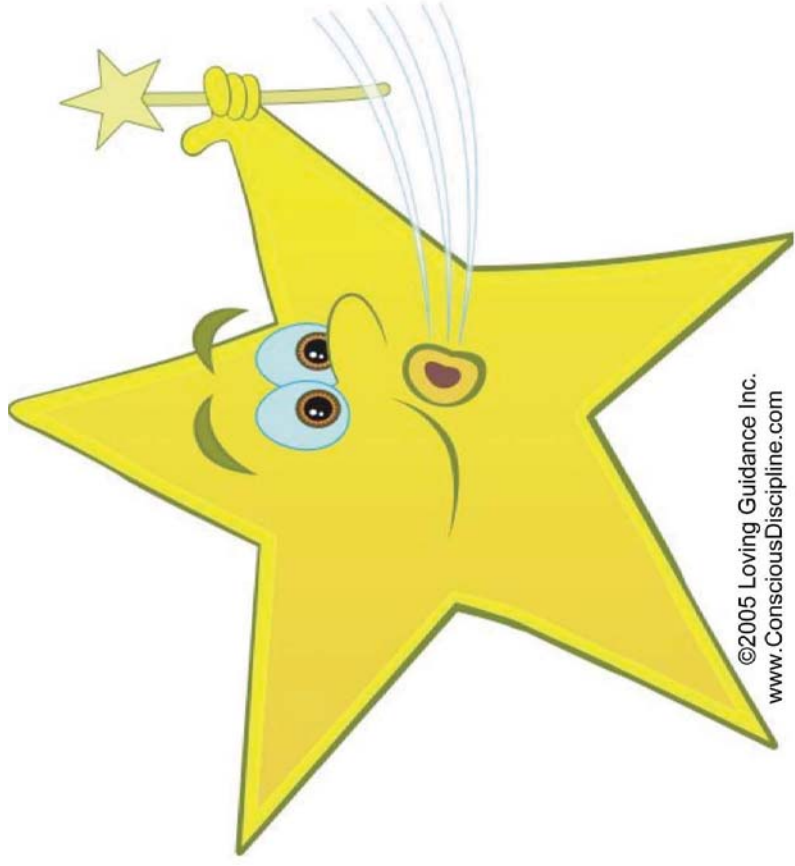
© 2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Drain



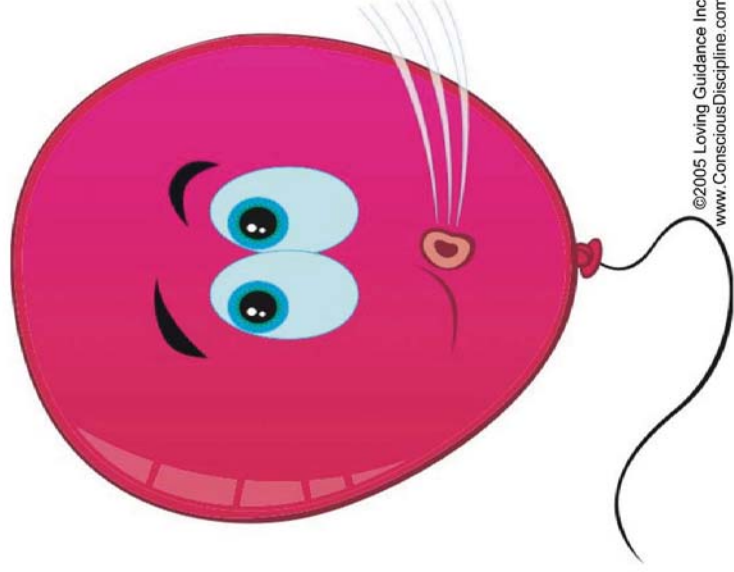
©2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Pretzel



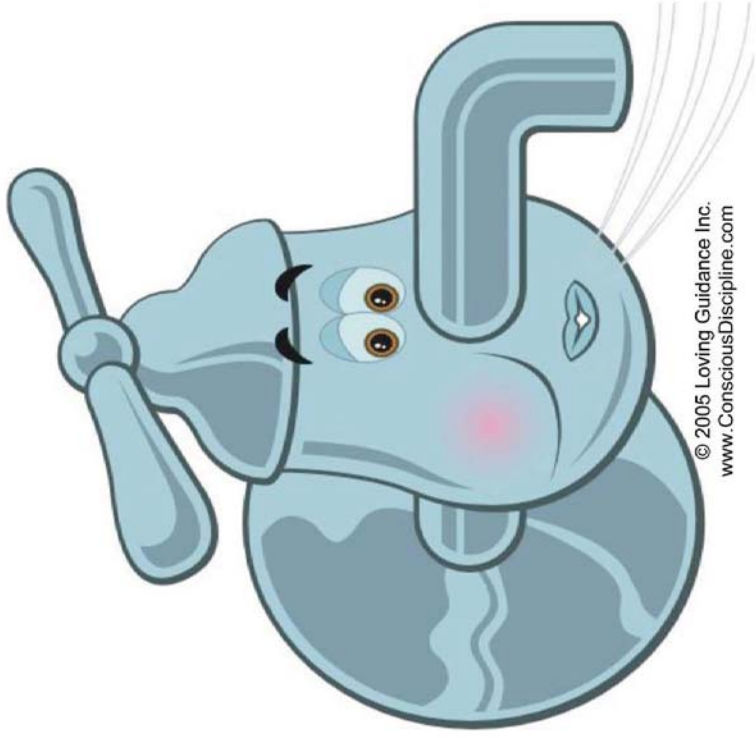
©2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

S.T.A.R



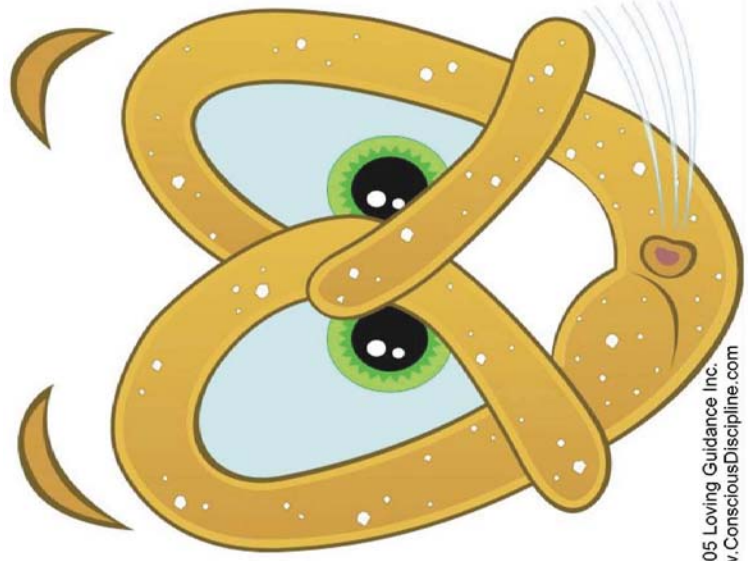
©2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Balloon



© 2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Drain



© 2005 Loving Guidance Inc.
www.ConsciousDiscipline.com

Pretzel

Conscious Discipline Seven Powers

"Discipline isn't something you do to children, it is something you develop within them." Dr. Becky Bailey

Seven Power Posters and the Power of Language

-Composure:

No one can make you angry without your permission. Active calming

Power of perception

Structure: Safe Place, Choice Board

Book: Shubert is a STAR

"Be a S.T.A.R.: Smile, Take a deep breath, And, Relax."

"Breathe with me, you can handle this, you are safe."

-Encouragement:

We are all in this together.

Power of Unity

Structures: Friends & Family Board/Book, Classroom Jobs

Book: Shubert's Helpful Day

Song: That was Helpful-It Starts in the Heart CD

"Good for you. You did it. You ____."

"You ____ so that ____ could _____. That was helpful."

-Assertiveness:

What you focus on you get more of.

Power of attention

Structure: Time Machine

Book: Shubert's Big Voice

"Did you like it? Tell_____, "I don't like it when you _____. Please _____"
(tell them what to do)

-Choices:

The only person you can "make" change is yourself.

Power of freewill

Structure: Picture Rule Cards, Helpful Board/Book

Give two positive choices or assertive commands.

"You have a choice. You may ____ or _____. What is your choice? What's best for you?"

-Positive Intent:

See the best in others. Notice instead of judge.

Power of love

Structure: Celebration Center: birthdays, lost teeth, unique talents, accomplishments

Book: Shubert See's the Best

Art: heart shaped glasses

"You wanted _____. "You were hoping _____."

"You may not _____. _____ is hurtful. When you want ____ say or do _____."

"You can handle it, breath with me."

"I noticed you _____. Was that helpful or hurtful?"

-Empathy:

The moment is as it is. Acknowledgment.

Power of acceptance

Structure: We Care Center

"Your face went like this, you seem _____. Something happened?"

"It's hard when _____ happens."

-Consequences:

Mistakes are opportunities to learn.

Power of intention

Structure: Class meetings










You may _____ or _____. If you _____ again, you will _____. Tell me what will happen if you _____ again."

"If you choose _____ then _____.

"My job is to keep you safe. Your job is to help keep us safe."

Creating the School Family

As the various classroom structures are presented, record your plans for implementing these systems within your classroom.

Classroom Structures	Notes
 Safe Place Purpose: To provide a quiet place and the tools for children to self-regulate.	
 Job Board with Meaningful Jobs Purpose: To provide children with the opportunity to be significant contributors to the School Family.	
 Friends and Family Board Purpose: To display pictures of the School Family and extended family. This creates security and is a visual reminder of interconnection.	
 Ways to be Helpful Purpose: To concretely illustrate expected behaviors in the School Family.	
 Picture Rule Cards Purpose: To provide young children with visual images of acceptable choices.	
 Time Machine Purpose: To provide a concrete way of turning a hurtful behavioral exchange into a helpful one.	
 Celebrations Purpose: To celebrate effort and achievements publicly.	
 Circle / Class Meeting Purpose: To provide a place or time for children and adults to celebrate, connect and solve problems.	
 We Care Center Purpose: To provide children with the time and materials to express their appreciation, concern and caring for one another.	



How do you feel?



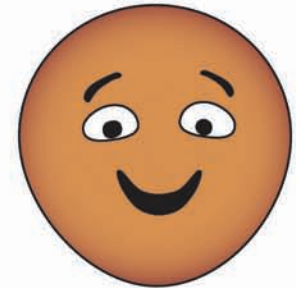
Angry



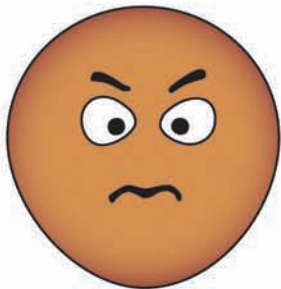
Scared



Sad



Happy



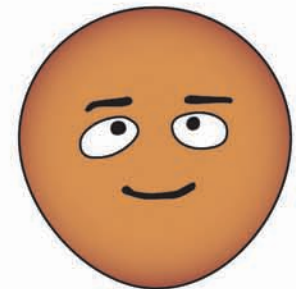
Frustrated



Anxious



Disappointed



Calm

Meaningful Jobs

Brainstorm a list of current classroom chores and routines you are doing everyday. Then place an **X** next to those tasks you are willing to hand over to the children. The list below will get you started.

- | | |
|---|--|
| <input type="checkbox"/> Arrival | <input type="checkbox"/> Coming to Circle / Independent Work |
| <input type="checkbox"/> Late Arrival / Tardy / Absent | <input type="checkbox"/> Safe Place Routine |
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> Hygiene (Restrooms, diapers, hands, etc.) |
| <input type="checkbox"/> Dismissal / Departure | <input type="checkbox"/> Headings on Papers |
| <input type="checkbox"/> Quieting the Class / Attention Routine | <input type="checkbox"/> Late Work |
| <input type="checkbox"/> Emergency Routines | <input type="checkbox"/> Turning in Papers |
| <input type="checkbox"/> Pencil / Marker Routines | <input type="checkbox"/> Distributing Materials |
| <input type="checkbox"/> Lining Up | <input type="checkbox"/> Turning on Lights, TV, CD Player |
| <input type="checkbox"/> What to Do When You Are Finished | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Attendance / Lunch Count | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rest Routine | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Movement of Paper / Supplies | |

Next, do the same for the classroom rituals listed below:

- | | |
|---|--|
| <input type="checkbox"/> Absent Child | <input type="checkbox"/> Connection and Appreciation Rituals |
| <input type="checkbox"/> Greeting Visitors | <input type="checkbox"/> School Family™ Song / Motto / Chant |
| <input type="checkbox"/> Wish Well | <input type="checkbox"/> Life Change / Holiday |
| <input type="checkbox"/> New Child | <input type="checkbox"/> Morning Message |
| <input type="checkbox"/> Moving / Leaving Child | <input type="checkbox"/> Community News |
| <input type="checkbox"/> Testing Rituals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> We Care Ritual | <input type="checkbox"/> _____ |

Add and subtract marks on the lists above until the number of marks is equal to the number of children in your class. You now have your job list! Create your job descriptions and teach them accordingly.

Ritual vs Routine: Rituals are experienced; routines must be taught. Place an **E** next to those that facilitate rituals and a **T** next to those that facilitate routines.

- | | | |
|---|---|---|
| <input type="checkbox"/> Morning Message Writer | <input type="checkbox"/> Light Person / Electrician | <input type="checkbox"/> Sprinkler |
| <input type="checkbox"/> Morning Greeter | <input type="checkbox"/> Mailbox Person | <input type="checkbox"/> Cheerleader |
| <input type="checkbox"/> Kindness Recorder | <input type="checkbox"/> Rest Mat Helper | <input type="checkbox"/> Song Selector |
| <input type="checkbox"/> Encourager | <input type="checkbox"/> Flag Holder | <input type="checkbox"/> Bell Ringer |
| <input type="checkbox"/> S.T.A.R. Person | <input type="checkbox"/> Doctor / First Aid Giver | <input type="checkbox"/> Line Leader |
| <input type="checkbox"/> Visitor Greeter | <input type="checkbox"/> Magic Broom | <input type="checkbox"/> Playground Helper |
| <input type="checkbox"/> Wish Well Leader | <input type="checkbox"/> Tape Player | <input type="checkbox"/> Backpack Checker |
| <input type="checkbox"/> Absent Child Helper / Committee | <input type="checkbox"/> Sign Person | <input type="checkbox"/> Quiet Area Monitor |
| <input type="checkbox"/> New Child Buddy | <input type="checkbox"/> Chair Stacker | <input type="checkbox"/> Reminder Person |
| <input type="checkbox"/> Friends and Family Board Caretaker | <input type="checkbox"/> Remote Person | <input type="checkbox"/> Snack Person |
| <input type="checkbox"/> Attendance Person | <input type="checkbox"/> Librarian | <input type="checkbox"/> Art Area Monitor |
| <input type="checkbox"/> Lunch Counter | <input type="checkbox"/> Table Cleaner | <input type="checkbox"/> Door Holder |
| <input type="checkbox"/> Messenger / Errand Runner | <input type="checkbox"/> Puzzle Piece Helper | <input type="checkbox"/> Board Cleaner |
| <input type="checkbox"/> Water Counter / Soap Squirter | <input type="checkbox"/> Photographer | <input type="checkbox"/> Pet Caregiver |
| <input type="checkbox"/> Quality Inspector for Centers | <input type="checkbox"/> Paint Brush Washer | <input type="checkbox"/> Reporter |



Rituals: Creating Connections

Rituals		Notes
<input type="checkbox"/>	Greeting / Goodbye	
<input type="checkbox"/>	Safekeeper	
<input type="checkbox"/>	Wish Well	
<input type="checkbox"/>	School Family™ Song / Chant	
<input type="checkbox"/>	Connecting Rituals <ul style="list-style-type: none"> • I Love You Rituals • Reading buddies • Songs • Team building • Wish well • Return to school 	
<input type="checkbox"/>	Life Changes <ul style="list-style-type: none"> • Birthday • Lost tooth • New baby in the family 	
<input type="checkbox"/>	New / Moving Child, Family, Staff Member	
<input type="checkbox"/>	End of Year	
<input type="checkbox"/>	Testing Rituals	
<input type="checkbox"/>	Diaper / Toileting	

