



Conscious Discipline

Board Meeting
2/10/2016

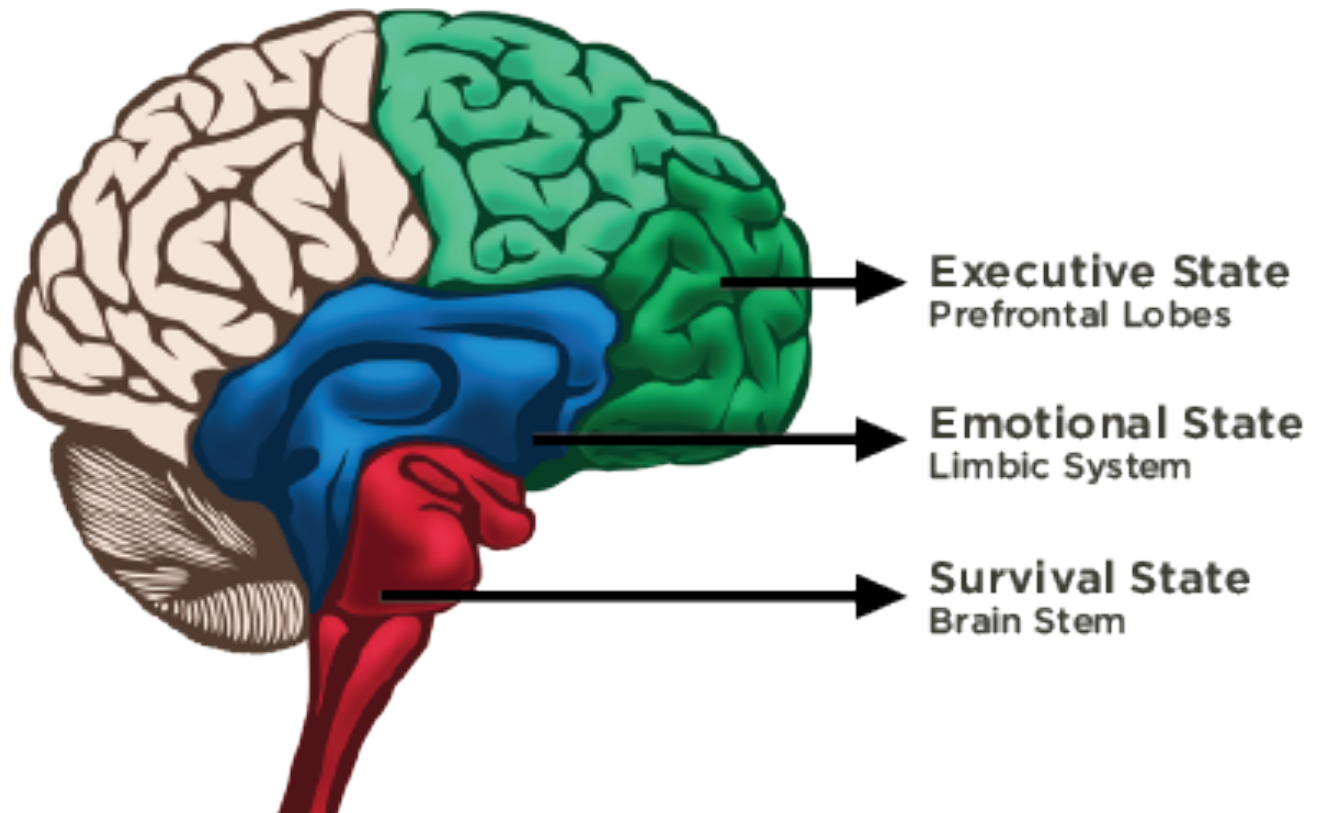
What is Conscious Discipline?

- CD is an emotional intelligence program pioneered by Dr. Becky Bailey that **teaches children to respond, rather than react to life events.** Everyday life events are used at teachable moments and **guide children to develop self-control, utilize tools for conflict resolution, boost self-esteem, and foster positive relationships and social skills.**

Data/Research

- Problem behaviors decrease by 68%
- State test scores increase
- Impulsivity, hyperactivity, and aggression decreases in the most challenging students
- Collegiality among staff increases
- Positive school climate increases

The Brain





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 exhales slower than they inhale.



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 "pbbpbbpb" sound.



Drain

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



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.



OUR

SCHOOL

FAMILY

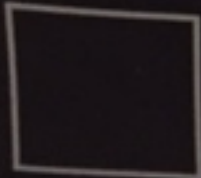
IS

SUPER

I feel



I choose





PBIS...Tying it in

CD

Gives specific strategies
Not rewards based
Consequences are not
focused on
Intrinsic motivation

Both

*School wide
Expectations
*Common
Language
*Positive
*Visuals
*Consistent

PBS

Sometimes reward based
Consequences
Procedures
Lesson Plans
Some extrinsic motivation

