Conscious Discipline

Conscious Discipline is a research-based program proven to:

- Increase academic achievement
- Decrease problem behaviors
- Improve the quality of relationships for all: student to student, teacher to student, parent to child, teacher to parent, and coworker to coworker Conscious Discipline is specifically designed to teach the following:
- Teach anger management, helpfulness (pro-social skills), assertiveness, impulse Control, cooperation, empathy, and problem solving.

Connection = Cooperation

The motivation to behave comes from being in a relationship. Connection literally wires your brain for impulse control and willingness.

Stress for children is reduced through a sense of belonging. We have consciously designed our classrooms to build a sense of connectedness and safety to manage children's stress levels. I tell the children, "My job is to keep you safe, and your job is to help me keep it that way."

Our classroom has a **Safe Place** that provides the opportunity for children to remove themselves to become calm, regain composure and maintain control when upset, angry or frustrated. Children come there to become helpful and not hurtful to themselves and others.

The Safe Place is NOT a punishment, "naughty corner" or time out...it is somewhere a student can go to regain composure. While they are there, they can do one of the breathing exercises. Breathing icons are used to teach students to calm themselves. When we are stressed we move from a problem solving state to a state of fight or flight. Deep breaths can pull us back to consciousness faster and calm us down.

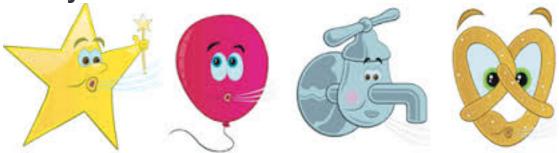
There are four types of breathing strategies we practice:

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

Ballooning - Place hands over your head and inhale as if blowing up a balloon and at the same time raising the hands. Then slowly exhale and bring arms down.

Draining - Extend both arms in front of your body parallel to the floor. Clench fists tightly and continue to tighten shoulder and body muscles. Then open the drain (make shhhhh sound) and relax body as if releasing water out of a faucet.

Pretzel - Stand with feet crossed, extend arms out in front and cross the left wrist over the right wrist. Interlace the fingers and bring hands up toward the chest. Close eyes and press the tongue to the roof of the mouth. Hold this position for a few seconds and slowly release.



Please contact me with any questions or comments about Conscious Discipline, Feeling Buddies, the Safe Spot, or our four breathing strategies and I would love to share more information with you. I also encourage families to set up a "Safe Spot" in their own home to use as a self-control technique for kids that connects home and school.

Mrs. Rasmussen