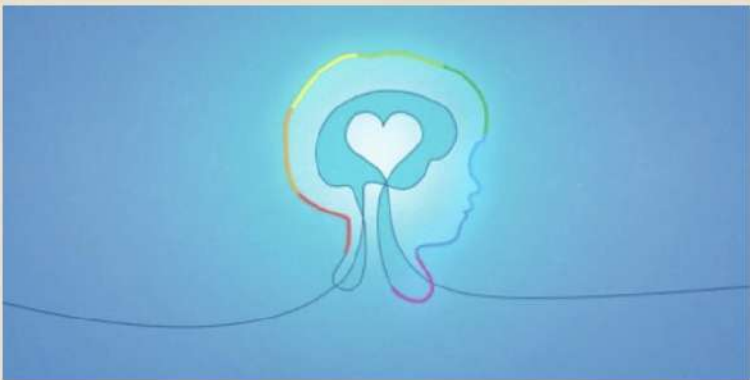


Conscious Discipline



Based on Four Essential Components Scientifically and Practically Designed for Success:

Conscious Discipline Brain State Model

The Conscious Discipline Brain State Model recognizes three basic brain / body / mind states likely to produce certain behaviors. Intentional, state-specific responses enable access to advanced skills.

Seven Powers for Conscious Adults

The seven powers create a shift in the way adults see conflict so we can maintain composure and consciously respond to difficult situations. Adults' ability to self-regulate is the precursor to teaching children social-emotional skills.

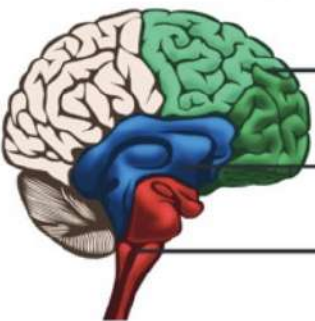
Creating the School Family

The School Family increases connections between adults and children at all levels, ensuring optimal development and learning for all. A School Family culture is built through consistent modeling of routines, rituals and structures.

Seven Skills of Discipline

These seven skills transform everyday discipline issues into teachable moments, equipping children with the social-emotional and communication skills needed to manage themselves, resolve conflict and develop healthy behavior.

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?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.