Introduction to Conscious Discipline

Based on Conscious Discipline, developed by Dr. Becky Bailey
www.consciousdiscipline.com
Goals

• Participants be introduced to the 4 components of Conscious Discipline, developed by Dr. Becky Bailey. [www.consciousdiscipline.com](http://www.consciousdiscipline.com)

• Participants will begin to recognize they have the powers and the skills to turn everyday upset into a teaching moment

• Participants will be introduced to the Power of Perception and Skill of Composure
Conscious Discipline:

Conscious Discipline is a comprehensive self-regulation trauma informed program that integrates social-emotional learning, school culture and discipline. It provides the seven powers for conscious adults to help professionals see conflict differently and the seven basic skills of discipline that empower professionals to respond to conflict in a way that instills life skills. Adapted from Dr. Becky Bailey

https://youtu.be/k29ogXL_S2U

Is this my car commercial
Brain Smart Start™ is a routine that consists of...

- Activity to Unite: Brings the group together. “We are in this together”
- Activity to disengage stress: Offers a sense of calm, “I am safe!”
- Activity to connect: Offers a sense of belonging, “I am cared about”
- Activity to commit: Builds a sense of, “I Can!”
Where is your energy?
UNITING ACTIVITY

Put your hands up high:

_Tune of:_ Do your ears hang low

- Put your hands up high, put your hands down low,
- Put your hands in the middle and wiggle just so.
- Put your elbows in front, put your elbows in back
- Put your elbows to the side and quack, quack, quack!

Repeat
Move to learn, Learn to Move

Team of Two!

1) Right Hand Left Hand, Right foot Left foot
2) Right Elbow Left Elbow, Both Elbows
3) Right Knees Left Knees, Both Knees
4) Right Shoulder Left Shoulder, Both Shoulders
5) Right hand Left hand, Right foot left foot

All Done!

CD: Brain Boogie Boosters, The Learning Station & Dr. Becky Bailey
Breathe...belly breathing

S.T.A.R. Breathing:  Smile,  
Take a deep breath  And  
Relax
Breathe in calm and breathe out stress
Our Commitment to Ourselves

“Today I commit to listening to my inner voice and noticing if it is helpful or hurtful to me.”

ARE YOU WILLING?
Where is your energy?

1  2  3  4  5
Connecting Activity

Connecting Activities Includes:
• Eye contact
• Touch
• Presence
• Playful situation

Connecting activities...
Wire the brain for connections
Offer opportunities for social interactions that promote attachment
Are important in creating a School Family

https://youtu.be/C3PtrInUm4U
Unite & Connection: Older Kids

Double Double This

Double Double That

Double This

Double That

Double Double This That
Its All About the Relationship!

Connections rewire the brain for impulse control and willingness. Dr. Becky Baily

- Connections create **JOY JUICE**
- Internally motivated to be a part of something

It's not about knowing the rules, it's about choosing to follow them.

- External rewards replaces connection with 'stuff'
- 'Stuff' creates joy juice
- Lose internal motivation
Disconnected Children Don’t Care

Submission is not about authority and it is not obedience; it is all about relationships of love and respect.

William P. Young
UNITY

Unity ritual rugby

Disengage Stress

Connect

Commit
UNITY

Disengage Stress

Connect

Commit
The Brain State Model
Survival State

- **Question:** Am I safe?
- **Skills:** Fight, Flight or Surrender
- **Non-verbal state**
Emotional State

- Question: Am I loved?
- Skills: What is on our CD-ROMs
  - Blaming
  - Judging
  - Can only see conflict from your own perspective
  - Focuses on what doesn’t want

https://youtu.be/xNY0AAUtH3g
Emotions in Brian
How do you feel about this scenario?
How do you feel about this photo?
Executive State

- Question: What can I learn from this?
- Skills: See value in others
  - Ability to regulate our thoughts, emotions and behaviors, and override the impulses of the lower brain.
  - 7 powers of regulation
Execution Function Skills

• What are our Executive Function Skills?
• How do we develop and strengthen these skills? **PLAY, Connections, PLAY some more**
• What are the developmental expectations for a preschool student?
Home & School is based on...

Am I Safe?

Am I Loved?

What can I Learn?
My State Dictates Your State

Executive
See conflict as a call for help
Solution
I need to
Teach new skills

Emotional
See conflict as a upsetting & irritating
Solution
Person
Must be stopped

Survival
See conflict as a threat
Solution
Person
Must be punished
The 7 Powers of Regulation

- **Power of Perception:**
  - “Nobody can make you angry without your permission”

- **Power of Attention:**
  - “What you focus on you get more of”

- **Power of Unity**
  - “We are in this together”

- **Power of Acceptance**
  - “This moment is as it is”

- **Power of Free Will**
  - “The only person you can make change is yourself”

- **Power of Love**
  - “See the best in others”

- **Power of Intention:**
  - “Mistakes are opportunities to learn”
What do you think?

What made the difference?

https://youtu.be/DRJYJrs7Fso
Internal Clacker

Match: Must feel a felt sense of safety in
• Verbal
• Non-verbal
• Energy
Power-Skill

Power of Perception---Skill: Composure:
- Upload your calm, “I am safe, Keep breathing, I can handle this.”

Power of Attention ---Skill: Assertive voice:
- State what it is you want- setting boundaries respectfully

Power of Unity---Skill: Encouragement:
- “You did it” “You________so_________ that was helpful.”

Power of Free Will---Skill: Choices:
- 2 acceptable choices “You may_______ or _______, which one works for you.”

Power of Acceptance---Skill: Empathy:
- “You seem_______ something happened?” “You wanted (Hoping for)____ ________”

Power of Love---Skill: Positive Intent:
- “Pivot, “you wanted_________” or “you were hoping for____”

Power of Intention---Skill: Consequences
- Natural, logical and problem solving
All behavior is a form of communication

We should understand what this cat is saying
The Power of Perception

• How I perceive something dictates my emotional state—then dictates my behavior.

• “NO ONE CAN MAKE ME ANGRY WITHOUT MY PERMISSION” Dr. Becky Bailey
The Skill of Composure

• Composure is the willingness to change from upset to calm and bring your mind into the present.
  • When you are calm you can:
    • Engage higher centers of your brain to problem solve
    • Model responsible behaviors
    • Offer respect in difficult situations

Be able to maintain your composure in all circumstances.
Composure is self control in action.

When practicing the skill of Composure:

• Focus on what you want the person to do – Assertive Language
• Celebrate success and choices – Encouragement
• See situation from the person’s perspective – see the value in everyone

*** An out of control adult can not do any of these things

Dr. Becky Bailey – CD1
Parents and Caregivers...

**Noticing**
Your body, feelings, triggers

**Breathing**
Disengage Stress
Shift Perception
Respond vs. React
It Takes 2

YOU

Inner Voice
Composure: How To
Changing trigger thought to calming thought

- **Deep Breath:**
  - The pause between thought and action.
  - Move the diaphragm

- **Self Talk:** Tell your brain you are safe and you can handle this

- **Override your inner voice using your 7 Powers**
When supporting someone in upset

Notice the TIME it takes...

Talking
You wanted ___.
You were hoping ___.
I can’t help you if you won’t talk to me.
What happened?
Why did you do that?
What’s wrong?

Breathe with me

Notice the TIME it takes...

Active Calming

You seem ___.
You wanted ___.
You were hoping ___.
When you want say/do thing.
Practice, Practice and More practice

How Many Ooops are Allowed?

<table>
<thead>
<tr>
<th>Domain</th>
<th>Learning...</th>
<th>How Many</th>
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<tbody>
<tr>
<td>Physical Domain</td>
<td>Learning a motor skill</td>
<td></td>
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<tr>
<td>Cognitive Domain</td>
<td>Learning an academic skill</td>
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<tr>
<td>Social Domain</td>
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<tr>
<td>Emotional Domain</td>
<td>Learning Emotional regulation</td>
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https://youtu.be/6Ult4t-1NoQ
Pampers Ooops Commercial
Questions