

Conscious Discipline

What is it?

Conscious Discipline™ is an emotional intelligence program that teaches children to manage life events, rather than react during life events. Everyday life events are used as teachable moments and guide children to develop self-control, utilize tools for conflict resolution, boost self-esteem, and foster positive relationships and social skills. It is also based on current brain research, child development information and best educational practices.

Conscious Discipline™ links social-emotional learning and classroom management principles. It is developed upon a community model of discipline rather than competitive. Conscious Discipline™ is an evidence-based comprehensive program that includes:

- School climate changes
- Social-emotional competency changes in adults
- Social-emotional competency changes in children
- Behavioral and resiliency changes
- Classroom management shift from external rewards and punishments to problem-solving
- Academic success

How does it work?

Conscious Discipline™ promotes a positive relationship-based community in the classroom and school. As we develop our "school family", students will learn about safety (physical and emotional safety), trust and problem solving. These life skills are the focus of Conscious Discipline where conflict becomes an opportunity to teach social and emotional skills instead of a power struggle that ends in punishment.

Home to School Transition

Each morning, your child will transition from being a son or daughter to being a student or classmate. To help with this transition, your child will start the day the Brain Smart way. The Brain Smart Start includes activities for uniting, disengaging stress, connecting, and committing.

- Uniting activities are designed for everyone to do together and help develop a sense of belonging.
- Disengaging stress activities teach children how to calm themselves when they are upset.
- Connecting activities provide opportunities for children to interact with each other, which builds healthy friendships, increases attention span, and fosters cooperation.
- Commitments, the final component to the morning routine, teach children to make and follow through on pledges to keep their classroom safe and take responsibility for their actions.

Be a S.T.A.R.

Don't be surprised when, in the coming weeks, you hear your child say, "Be a S.T.A.R." if you are upset. S.T.A.R. means Smile, Take a deep breath, And, Relax. You may also find your child wishing people well when they are sick or going through tough times. S.T.A.R. and wishing well are foundational components for the kindness, helpfulness, and ability to manage upsets that are at the heart of Conscious Discipline™.

Adapted from Conscious Discipline™ School Family

