

# Introduction to Conscious Discipline



Based on Conscious Discipline, developed by Dr. Becky Bailey  
[www.consciousdiscipline.com](http://www.consciousdiscipline.com)

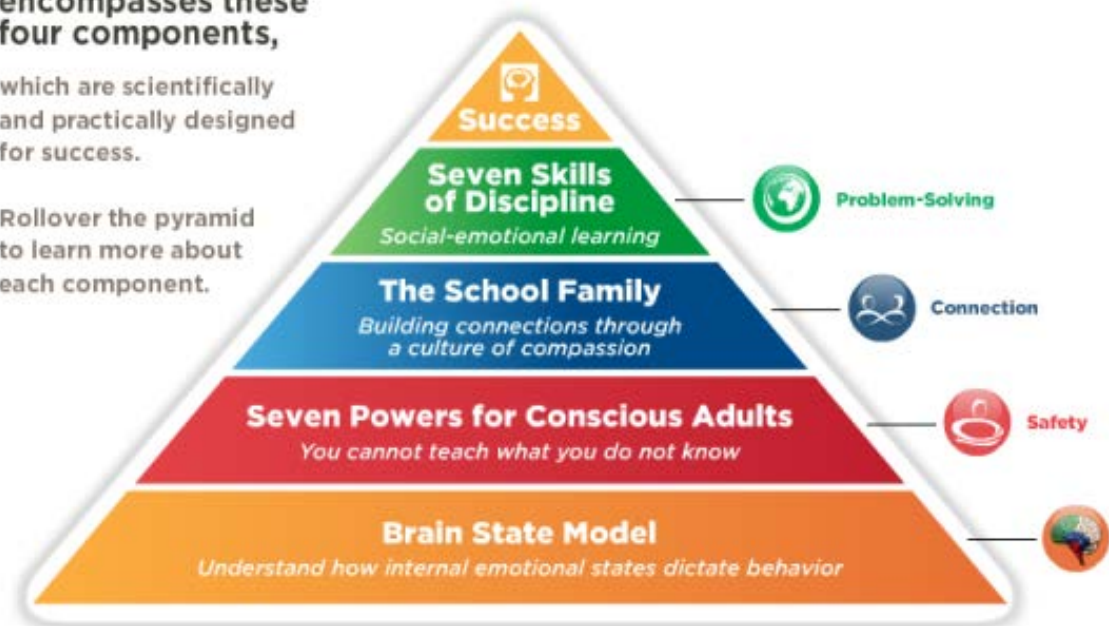
# Goals

- 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 encompasses these four components,**

which are scientifically and practically designed for success.

Rollover the pyramid to learn more about each component.



# 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*



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!”



S.T.A.R

Where is your energy?

1

2

3

4

5



# 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**



1



2



3



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?



**YES**



**NO**



**MAYBE**

Where is your energy?

1

2

3

4

5



# Connecting Activity

Connecting Activities Includes:

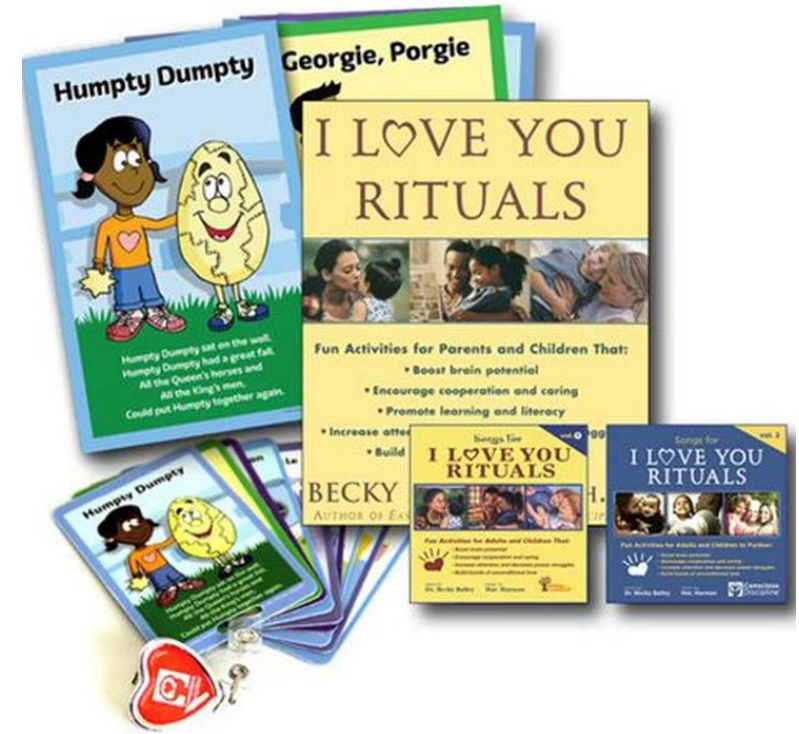
- Eye contact
- Touch
- Presence
- Playful situation

Connecting activities...

Wire the brain for connections

Offer opportunities for social interactions that promote attachment

Are important in creating a School Family



# Unite & Connection: Older Kids

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**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

Its not about knowing the rules, its about choosing to following them.

- External rewards replaces connection with 'stuff'
- 'Stuff' creates joy juice
- Lose internal motivation



# Disconnected Children Don't Care

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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

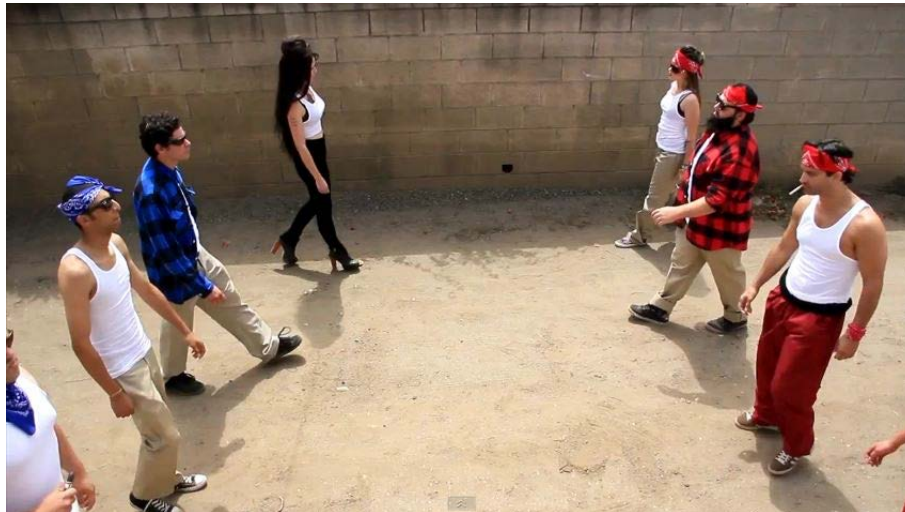


# Disengage Stress



www.alamy.com - E6YXK3

# Connect



# Commit



Victor J Blue

**Brain Stem  
Survival State**

- In this state we are asking: "Am I safe?"
- The developmental need is co.
- A trigger for this state can be:
  - Behaviors exhibited in it
  - Structures or skills to use when in this state.
- Behaviors exhibited in this state:
  - N = Holding floor fac
  - A = Assertiveness (Ad
  - R = Routines in picture
  - C = Consequences (C.S.A.)
  - S = Safe Place

**Limbic System  
Emotional State**

**The En**

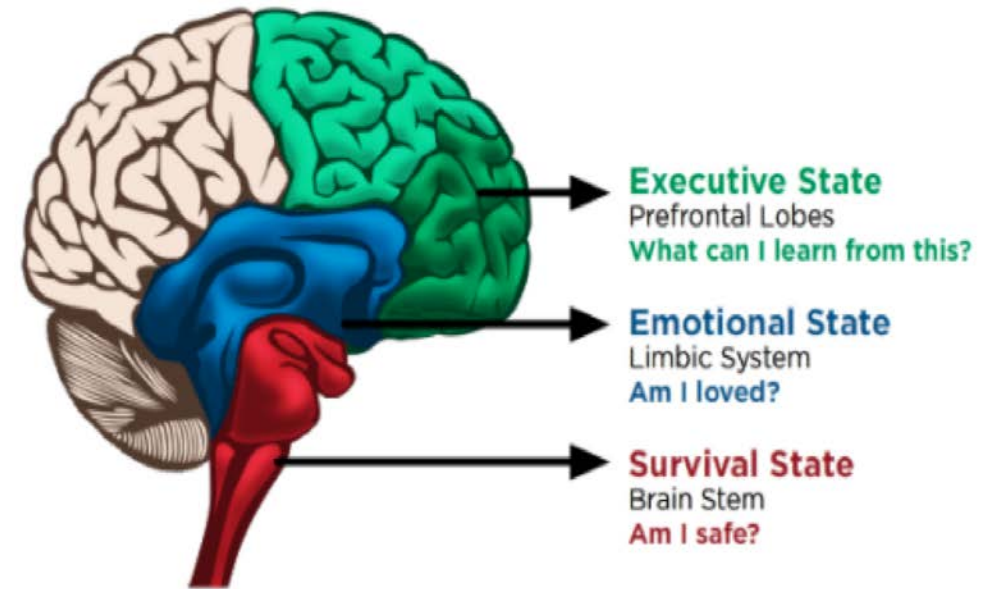
- In this state we are asking: "Am I loved?"
- The developmental need is co.
- A trigger for this state can be:
  - Behaviors exhibited in this sta
  - Structures or skills to use when
- Behaviors exhibited in this state:
  - R = Rituals
  - E = Encouragement
  - J = Jobs
  - E = Empathy (You seem
  - C = Choices
  - Y = "The School Family"

**Prefrontal Lobes  
Executive State**

**The Executive State | Prefrontal Lobes**

- In this state we are asking: "What can I learn?"
- The developmental need is problem-solving in social settings.
- A trigger for this state can be disagreement.
- Behaviors exhibited in this state are complaining, problem-solving, empathy and goal achievement.
- Structures or skills to use when in this state:
  - S = Relations (Class meetings, Time Machine, P.E.A.C.E. process)
  - P = Positive Intent (You wanted \_\_\_\_\_)
  - A = Assertiveness (Child)
  - C = Consequences
  - E = Executive skills

Conscious Discipline



# The Brain State Model

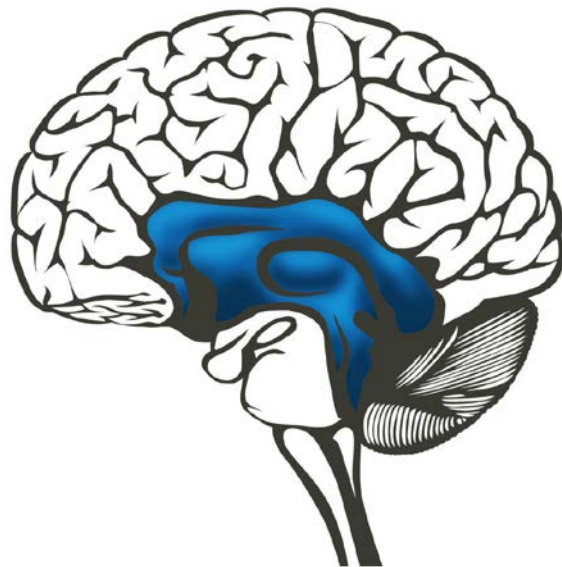


## Survival State

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- 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 FUNCTIONING SKILLS



THE OT TOOLBOX



## 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?

## EXECUTIVE FUNCTIONING SKILLS

Teach these important cognitive skills with fun games!

-  focus
-  planning
-  organization
-  cognitive flexibility
-  working memory
-  time management
-  self-control

LeftBrainBuddha.com





# Home & School is based on...



© 2010 Loving Guidance

**Am I Safe?**

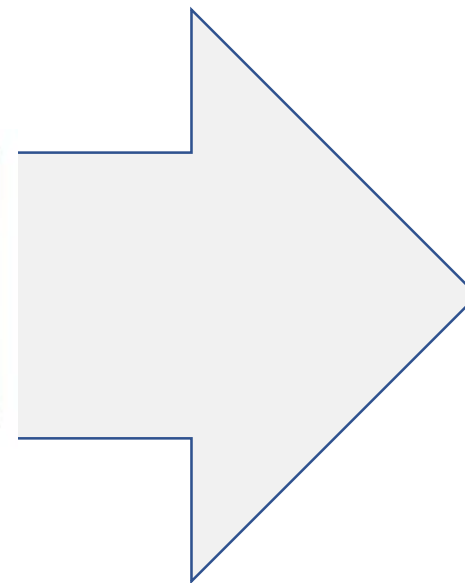


**Am I Loved?**



om | 800-842-2846

**What can I Learn?**





Executive	Emotional	Survival
See conflict as a call for help	See conflict as a upsetting & irritating	See conflict as a threat
<b>Solution</b>	<b>Solution</b>	<b>Solution</b>
I need to	Person	Person
Teach new skills	Must be stopped	Must be punished



My State Dictates Your State



# 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

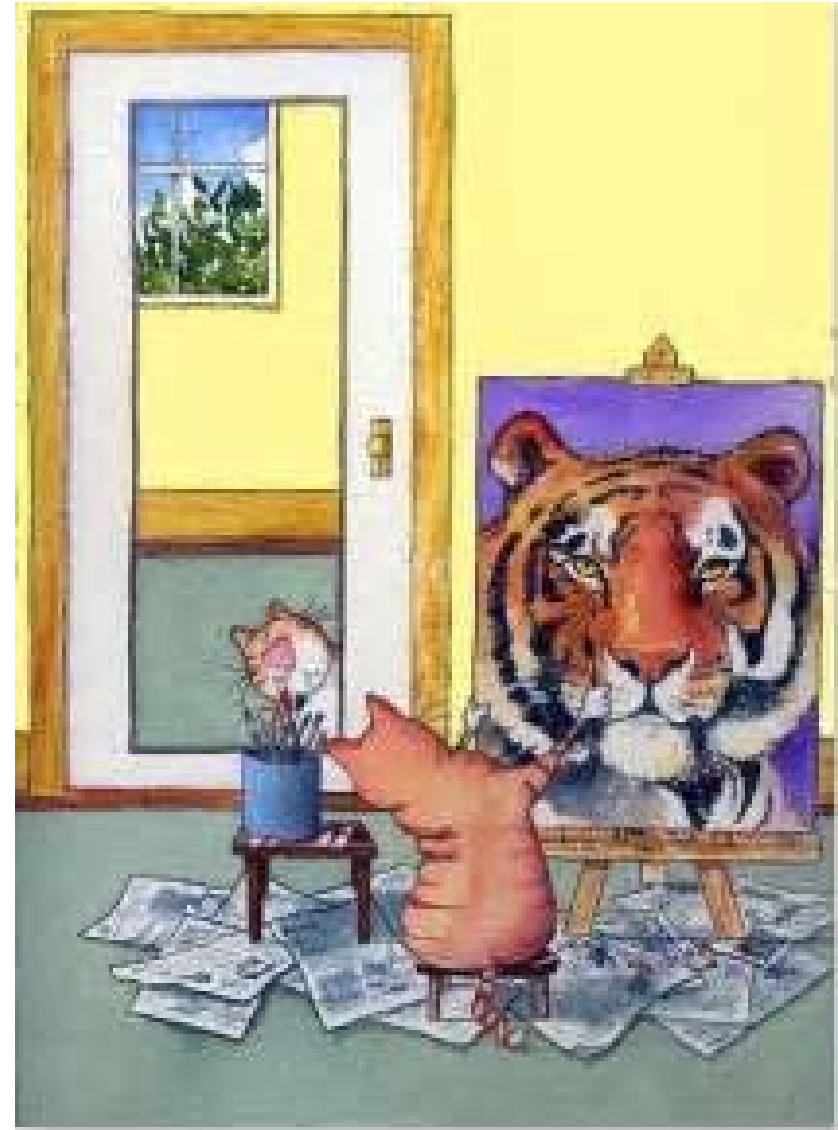
All behavior is a form of communication



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



# 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

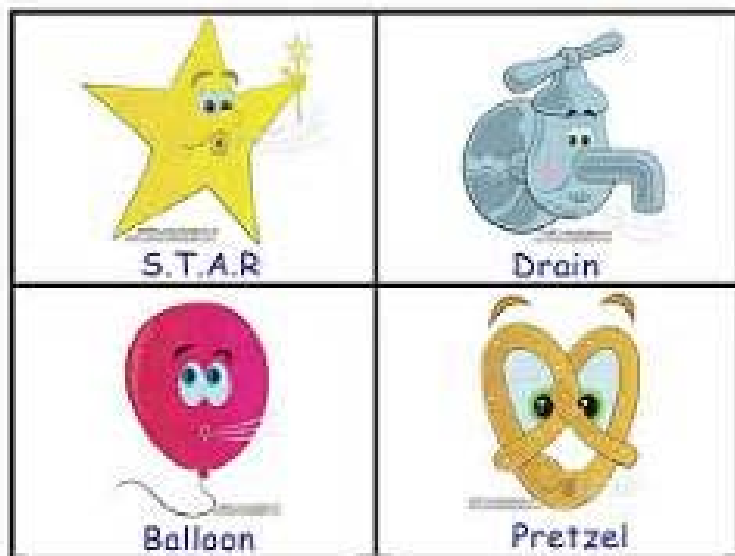
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**YOU**



**Inner Voice**



## Composure: How To Changing trigger thought to calming thought

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- 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

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**OOPS!**

You made a **mistake**.  
You're *beautiful* to me.

## How Many Oops are Allowed?

Domain	Learning...	How Many
Physical Domain	Learning a motor skill	<input type="checkbox"/>
Cognitive Domain	Learning an academic skill	<input type="checkbox"/>
Social Domain	Learning a social skill	<input type="checkbox"/>
Emotional Domain	Learning Emotional regulation	<input type="checkbox"/>

<https://youtu.be/6Ult4t-1NoQ>  
Pampers Oops commercial

<https://youtu.be/6Ult4t-1NoQ>  
Pampers Oops Commercial

# Questions

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