

FOCUS IN ON...

CONSCIOUS DISCIPLINE

 Conscious Discipline by Dr. Becky A. Bailey

What is it?

The behavior management program in our classroom is grounded in the philosophies and principles outlined in *Conscious Discipline* by Dr. Becky Bailey.

Conscious Discipline is an emotional intelligence program that teaches children to respond appropriately 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 promotes a positive relationship-based community in the classroom. As we develop our "school family", students will learn about safety (physical and emotional safety), trust and problem solving.

Conscious Discipline is not an extrinsic reward and punishment system. Instead, when a student fails to follow our classroom rules, a logical consequence is tied to the behavior. Together we will discuss the conflict or issue and problem solve together. Positive choices will be offered if necessary. This work helps students reflect and understand the connection between behavior and the result of their behavior. These mistakes are viewed as teachable moments and consequences are given with empathy and the intent to promote responsibility.





The 7 Basic Skills of Conscious Discipline:

The program focuses on the following basic skills of discipline which apply to teachers, as well as, students:

- **Composure-** willingness to change your internal state from upset to calm and bring your mind to where your body is.
- **Encouragement-** develop a school family and understand that "we are all in this together."
- **Assertiveness-** learn how to say "no" and having thoughts heard and respected.
- **Choices -** understand that the only person you can "make change" is yourself, and in turn, build self-esteem and willpower.
- **Positive Intent-** begin to look for the best in others turning conflict into cooperation.
- **Empathy-** gain an understanding of the moment and validating the emotions of self and others.
- **Consequences-** learn that everyone makes mistakes and that they are viewed as opportunities to learn.