

## Summary of Conscious Discipline

Chapter / Skill	Power	Classroom Structures	Value	Purpose	Brain Smart Tips	Emotional Development	Key Phrases
<b>1 Composure</b> Being the person you want children to become	<b>Perception</b> No one can make you angry	Safe place, circle time and morning meetings	Integrity	Remain calm and teach children how to behave.	The brain functions optimally in a safe environment.	Anger management is integral for social competence.	<b>S - Smile</b> <b>T - Take a Breath</b> <b>A - And</b> <b>R - Relax</b>
<b>2 Encouragement</b> Building the school family	<b>Unity</b> We are all in this together	Meaningful jobs, friends & family and ways to be helpful boards	Interdependence	Create a sense of belonging.	Social successes prime the brain for academic successes.	Relationships are the motivation for learning.	You did it! You ___ so ___. That was helpful.
<b>3 Assertiveness</b> Setting limits respectfully	<b>Attention</b> What you focus on, you get more of	Time machine and instant replay	Respect	Set limits and expectations.	Telling children what to do aligns their bodies with their willpower.	Healthy boundaries are essential for all relationships.	Did you like it?
<b>4 Choices</b> Building self esteem and willpower	<b>Free Will</b> The only person you can make change is yourself	Picture rule cards	Empowerment	Empowers children while setting limits.	Choice changes brain chemistry.	Building self esteem and willpower reduces impulsivity.	You may ___ or ___. What is your choice?
<b>5 Positive Intent</b> Creating teaching moments	<b>Love</b> See the best in others	Celebration center	Diversity	Create teachable moments especially for difficult children.	Thoughts physically alter cells in the body.	Positive intent improves self image and builds trust.	You wanted ___. You may not ___. When you want ___, say ___.
<b>6 Empathy</b> Handling fussing and fits	<b>Acceptance</b> This moment is as it is	We care center	Compassion	Help children accept & process feelings.	Empathy wires the brain for self-control and higher cognition.	Empathy is the heart of emotional intelligence.	You seem _____. Something _____ must have happened.
<b>7 Consequences</b> Helping children learn from their mistakes	<b>Intention</b> Mistakes are opportunities to learn	Class meetings	Responsibility	Help children reflect on their choices and change.	The brain thrives on feedback.	Consequences help children learn cause & effect relationships.	If you choose to _____, then you will _____.