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YELLOWSTONE
INSPIRE. EMPOWER. INVEST.



PARENT ROUND TABLE

Thursday, October 10th

5:30 p.m.

Welcome to our School Family!

How would you like to be greeted?

1. Classic Handshake
2. Hug
3. High Five
4. Butterfly
5. Octopus

[Good Morning!](#)

Brain Smart Start

We conduct a Brain Smart Start at the beginning of every school day.

- Unite
- Disengage
- Connect
- Commit

Activity to Unite - Yellowstone Academy Pledge

As a Yellowstone Lion, I pledge to make **positive** and **responsible** choices, while respecting myself and others.

I am **determined** to do my personal best, and live life with purpose and **integrity**.

Today I will learn more, so I can be more.

Today I will strive for **excellence** with the help of God.

Lions, PRIDE!

All About Our School

Conscious Discipline Structures

- Safe Place
- Friends and Family Board
- Job Board
- Kindness Tree
- Visual Routines
- Time Machine

Conscious Discipline Basics

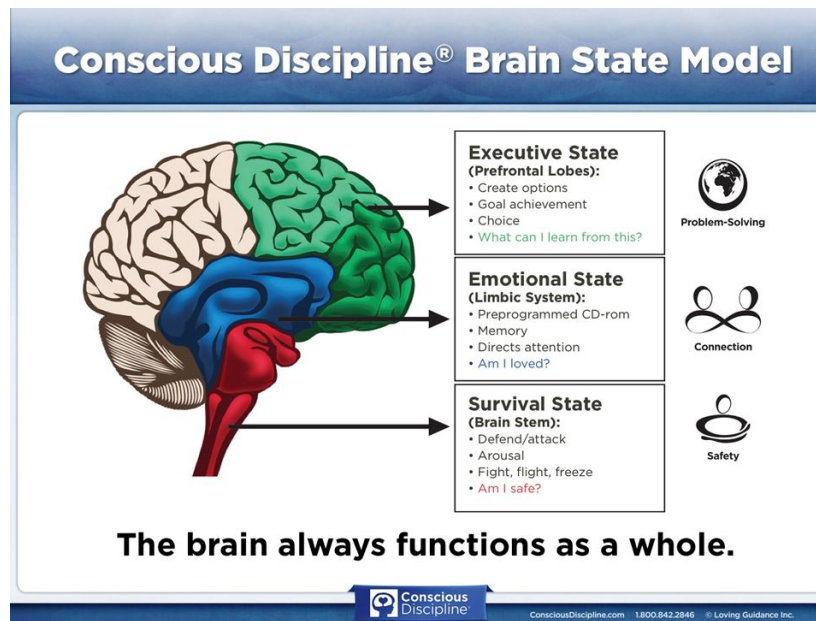
- **Conscious Discipline is a social-emotional and classroom management philosophy**
- **We use everyday events to teach social-emotional skills**
- **Brain-building, skill-building tools are woven into the daily procedures of student life**
- **Learning skills in context wires the brain to access and utilize those skills more the next time**

Conscious Discipline Basics

- **Conscious Discipline** relies on an evidence-based **Brain State Model** to help us understand internal brain/body states in relation to behavior, discipline, and learning
- This model teaches 3 basic brain states- **Survival State, Emotional State, and Executive State**
- We draw on certain skills from each brain/body state

Three Brain States


Turn to your Brain State Mini-Poster



- The Brain State Model helps us understand how the brain works in relation to discipline.
- An upset adult is always a threat to children's sense of safety.
- We must first calm ourselves if we are to help children calm themselves.
- Taking THREE deep breaths helps us calm down by shutting off the stress response in the body.

Survival State


Survival State
Represented by the Brain Stem



Functions:

- Survival systems
- Modulate states of arousal
- Unconscious
- Online at birth

Developmental need:
Safety

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- Represents earliest skills that ensure survival
- The instant reaction of fight, flight, or surrender was necessary for protection from physical threats
- Students may internalize yelling or being left out as a threat
- Adults may see a disrespectful child as a threat
- The survival state is only concerned with the question “**Am I Safe?**”
- If the answer is no, the brain does not devote resources to learning or problem solving
- A survival state looks like hitting, fighting, hiding, giving up, physical fits
- **These actions are seeking safety**

Emotional State

Emotional State Represented by the Limbic System



Developmental need:
Connection

Functions:

- Emotional tone, flexible or rigid, positive or negative
- Tags events as internally important
- Motivation system
- Attention system
- Attachment, relationships, territory
- Stores highly charged emotional memories
- Controls appetite and sleep cycles
- Unconscious
- Comes online with, "No!"

- Upset, unconscious state limits our ability to see from another person's point of view
- Causes adults to revert back to how we were disciplined as children- even when knowing these methods are hurtful
- Emotional State only cares about "Am I Loved?"
- If the answer is perceived as "no"- we revert to survival state
- If the answer is perceived as "yes"- we can enter into the self-regulation process
- Emotional State looks like yelling, ignoring, blaming, and back talk
- **These actions are seeking connection**




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Executive State


Executive State
Represented by the Prefrontal Lobes



Functions:

- Impulse control/self-control
- Empathy
- Working memory
- Sustained attention
- Planning, prioritization, initiation
- Organization, time management
- Goal persistence
- Online with, “why?”

Developmental need:
Problem-solving in social settings

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- When we learn to regulate and integrate our internal state we access our executive state
- This is where we problem solve, learn, change behaviors, and make wise choices
- Frees us from past conditioning, attunes us to the feelings and experiences of others
- Enables us to stay focused long enough to set and achieve goals
- Allows us to consciously respond instead of automatically reacting
- Looks like learning, helpfulness, problem solving and empathy
- **These actions seek to share our best selves with others**

Conscious Discipline Basics

- **Conscious Discipline empowers us to be knowledgeable of brain/body states in ourselves and our children**
- **We can better understand how to respond to children's behavior in helpful ways**
- **Our focus is to help children access their Executive State skills, also known as our "thinking brain"**

Conscious Discipline Connection

- The human brain is a social brain
- Connecting with people in meaningful ways builds neural connections within the brain
- We foster connections in many ways (morning greeting, morning songs, etc)
- Connections requires eye contact, touch, presence, and a joyful setting

Make and Take Time!

- Take a few minutes to think about everything we discussed tonight.
- What is important for your child to know?
- What do you value?

Write or draw whatever you want your family to experience this year.

We'll spend about 7 minutes on this activity.

[Connecting and I Love You Rituals Video](#)

Closing Ritual

Review our commitment from the beginning of our session.

Did you meet a new person tonight?

Thank you for coming tonight!
See you again
Thursday, November 14th!
Bring a friend.

[It's a Beautiful Day!](#)