

5. Conscious Discipline, the Brain and the Stories


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Preschool Promise

Unite

Until you change your
thinking, you will always
recycle your experiences.


www.idlehearts.com

Disengage Stress

Connect



COMMITMENT

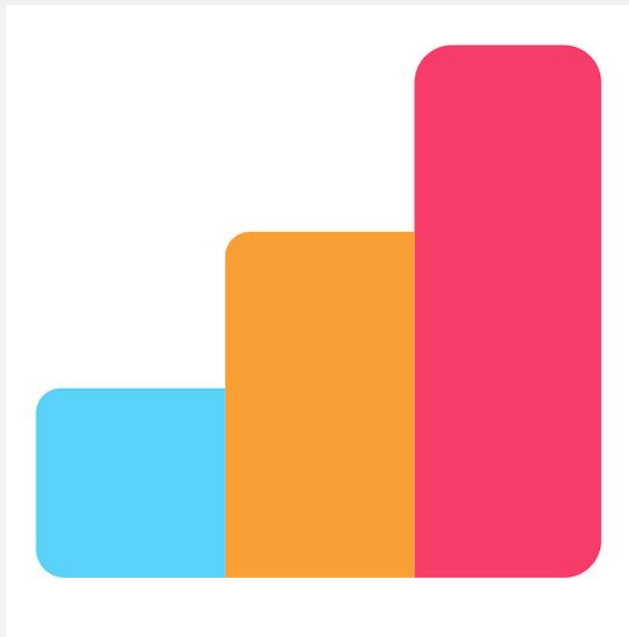
I am willing to take a least one thing I have learned/heard today and put it into practice.

Conscious Discipline Poll

1 - I know very little.

2 - I know some.

3 - I know a lot.

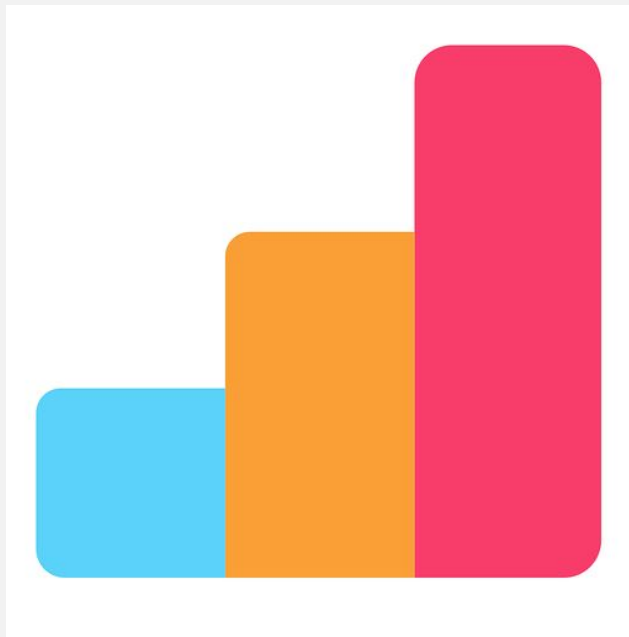


Bruce Perry/NME Poll

1 - I know very little.

2 - I know some.

3 - I know a lot.



Goals

- Understand how the brain affects our ability to learn
- Consider skills, strategies and structures that can help children regulate, relate and reason

Agenda

1. Brain Smart Start
2. How does the brain impact learning?
3. How can I use Conscious Discipline and Bruce Perry's work to support children?
4. Wrap-up



Conscious Discipline is an ADULT-FIRST, transformational, trauma-responsive approach to self-regulation that integrates social and emotional learning, equitable school culture, theory and application, research, and brain-based discipline practices.

CD Brain Model



Executive State

Trigger: Curiosity

Skills: Internal brilliance

Behaviors: Willingness, reflection, empathy, problem-solving, managing emotions, setting goals

Question: What can I learn?

Need: Problem solving in social settings

Emotional State

Trigger: World is not going my way

Skills: CD-ROM

Behaviors: Yelling, blaming, shaming, name calling, verbal attack, excluding, attention seeking, relationship resistance

Question: Am I Loved?

Need: Connection

Survival State

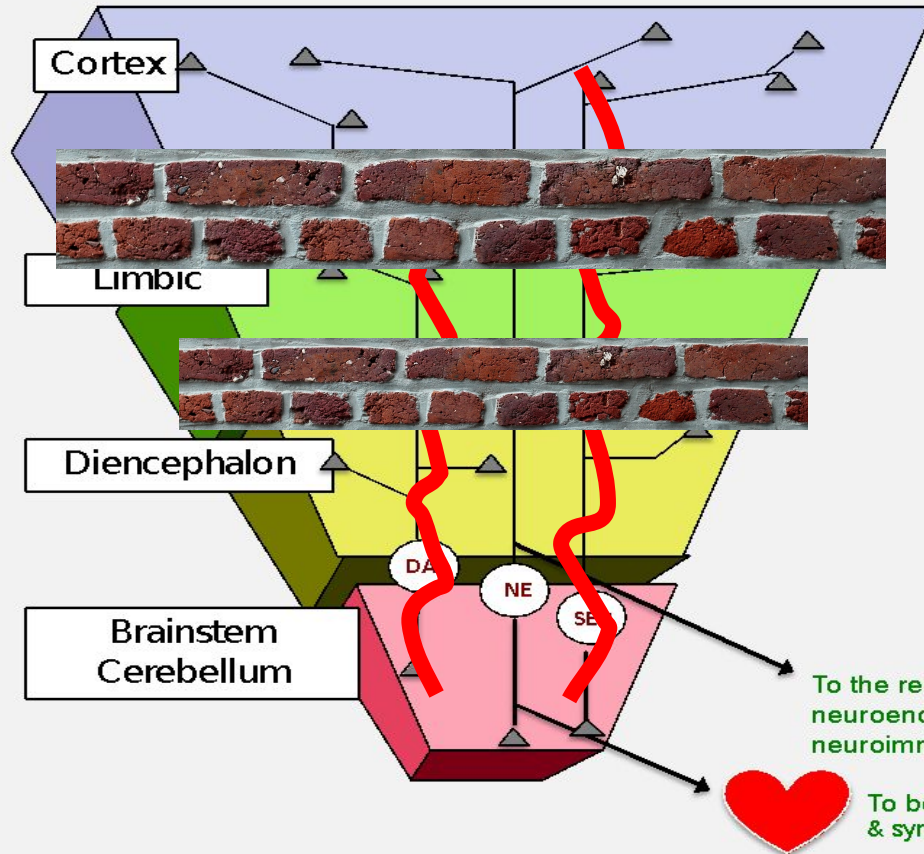
Trigger: Perceived threat

Skills: Attack, defend, surrender

Behaviors: Physical aggression, withdrawing, running away, hiding, shutting down

Question: Am I Safe?

Need: Safety



Abstract thought

Concrete Thought

Affiliation/reward

"Attachment"

Sexual Behavior

Emotional Reactivity

Motor Regulation

"Arousal"

Appetite/Satiety

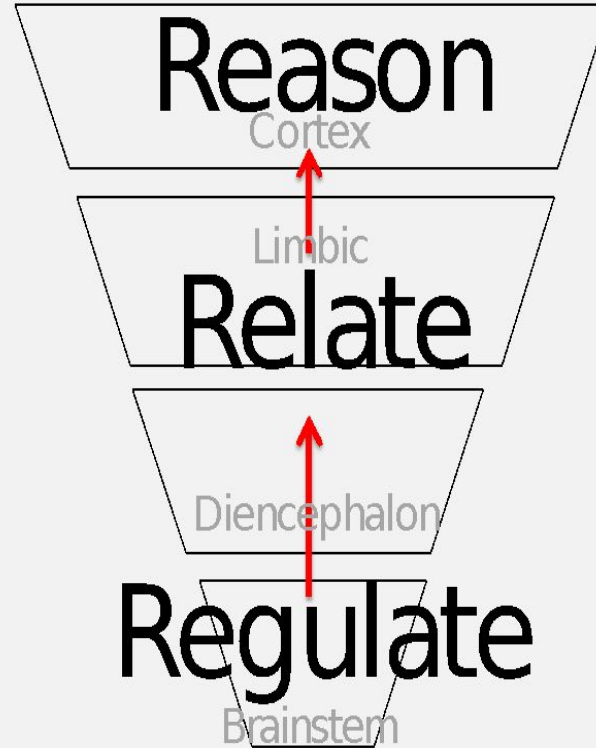
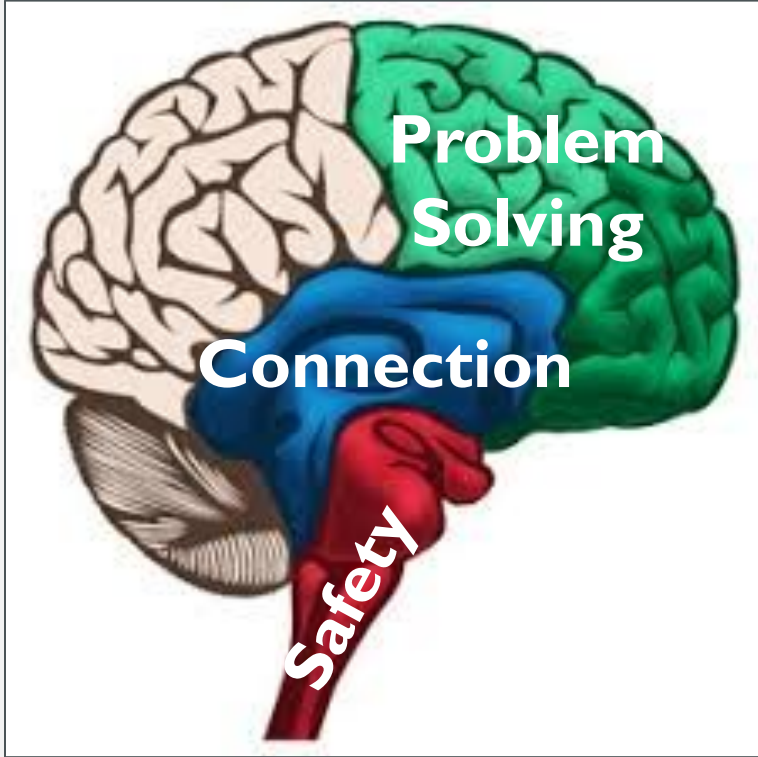
Sleep

Blood Pressure

Heart Rate

Temperature

Sequence of Engagement



*We have changed our
fundamental question from
"What's wrong with you?" to
"What happened to you?"*

- Joe Foderaro

Bloom, S. L. (1994). The Sanctuary Model: Developing Generic Inpatient Programs for the Treatment of Psychological Trauma. Handbook of Post-Traumatic Therapy, A Practical Guide to Intervention, Treatment, and Research. M. B. Williams and J. F. Sommer, Greenwood Publishing: 474-491

CD - Safety

Adult Skills

- **COMPOSURE**
- Noticing (Brain States)
- Safe Language
- Assertiveness

Classroom Structures

- Brain Smart Start
- **BREATHING**
- Routines
- Visuals
- Friends & Family Board
- Safekeeper Ritual
- Safe Place

NME - Regulate

- **HEART RATE**
- Steady Beats
 - Metronome
 - Music
 - Drumming
 - Rocking
- Movement
- Brain Breaks
- Predictable Patterns
- Reduced Sensory Input
- Consistency
- Specific to Child

Composure

You are triggered:

1. Breathe
2. Internal speech: I am safe, keep breathing, I can handle this.



CD - Connection

Adult Skills

- Encouragement
- **EMPATHY**
- Attunement
- Choices

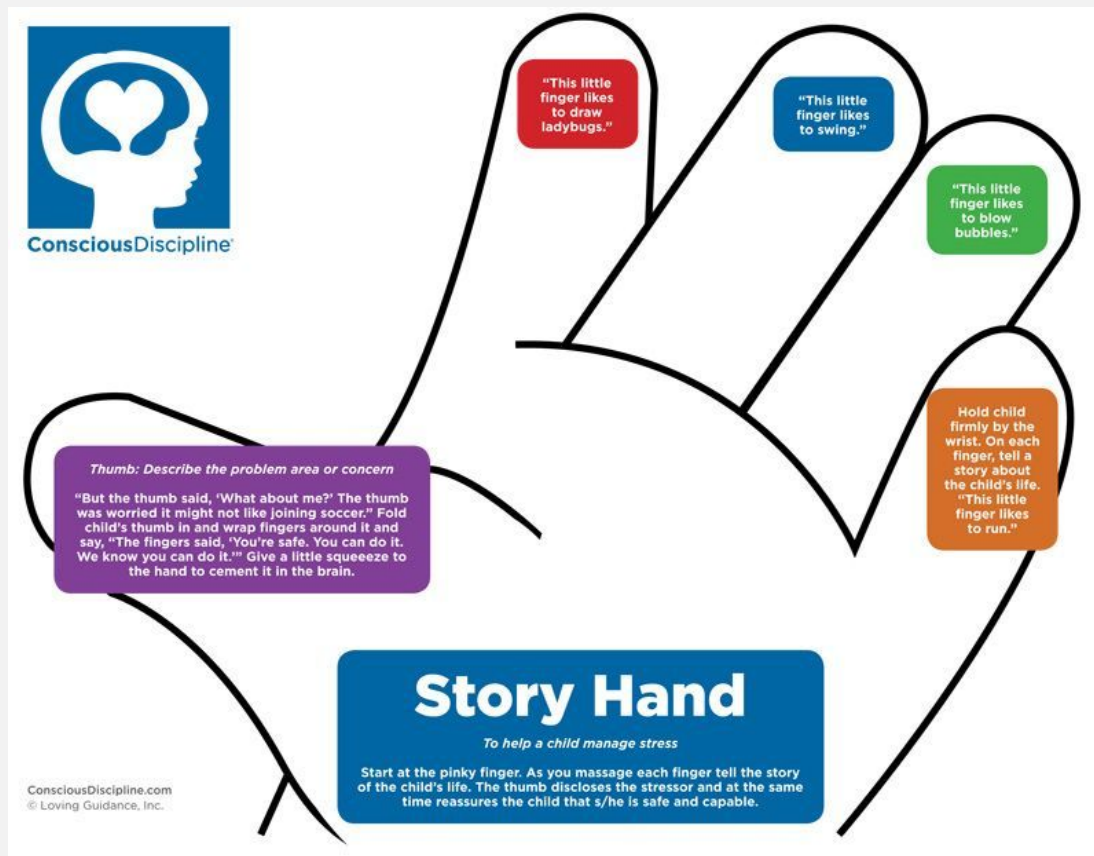
Classroom Structures

- Brain Smart Start
- **RITUALS**
- School Family
- Ways to be Helpful
- Jobs
- Visual Rules
- We Care Center

NME - Relate

- Common Interests
- **ATTUNED ADULT**
- Building Healthy Relationships (with Dosing and Spacing)
- Positive Physical Contact (with Dosing and Spacing)
- Specific to Child

Story Hand Ritual



CD - Problem Solving

Adult Skills

- Positive Intent
- **CONSEQUENCES**
- Executive Skills

Classroom Structures

- Brain Smart Start
- Class Meetings
- **TIME MACHINE**
- Celebrations
- Social Play
- Wishing Well

NME - Reason

- Challenges (with Dosing and Spacing)
- Controlled Novelty
- Curiosity, Exploration, Discovery
- **REFLECTION**
- Specific to child



Conflict Resolution Time Machine™

Pre-K Students

Neurosequential Model

- Bdperry.com
- YouTube > The Child Trauma Academy Channel

Conscious Discipline

- Consciousdiscipline.com
- YouTube > Conscious Discipline Channel
- Podcast > Real Talk for Real Teachers

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More
Information



