

Joyful Connections:

*Using Conscious Discipline to Release Your
"Joy Juice" and Connect with Others*



Presented by:

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“ Connection is the energy that is created between people when they feel seen, heard and valued—when they can give and receive without judgment.”

— BRENÉ BROWN, PHD, LMSW

SUPER
SOUL
sunday



Hold

Connect with a Partner

1. Introduce yourself
2. Find a common interest
3. Give an elbow or fist bump and say “Nice talking to you!”





COMMITMENT

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

What is Joy Juice?

Dopamine

Reward System

- Focuses attention
- Improves sleep
- Aids functioning of the heart, kidneys and blood vessels

Oxytocin

Love Hormone

- Reduces blood pressure and cortisol levels
- Promotes attachment
- Decreases stress
- Strengthens relationships

Serotonin

Mood Stabilizer

- Improves memory
- Aids digestion
- Balances breathing and body temperature
- Assists with healing

Endorphins

Pain Killers

- Reduces stress
- Improves self-esteem
- Supports the immune system
- Aids brain functioning



How do I get Joy Juice?

Dopamine

Reward System

- Completing a task
- Self-care activities
- Trying something new
- Achieving goals
- Meditation

Oxytocin

Love Hormone

- Safe touch
- Time with friends
- Petting an animal
- Exercise
- Gratitude practices

Serotonin

Mood Stabilizer

- Smiling
- Belonging in a group
- Sun
- Exercise
- Nature walks

Endorphins

Pain Killer

- Laughing
- Exercise
- Dark chocolate
- Music
- Creative art activities



How do I get Joy Juice?



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How do I get Joy Juice?

Dopamine

Reward System

- Completing a task
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Social Interaction

- Meditation

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Social Interaction

- Gratitude practices

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Social Interaction

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Endorphins

Pain Killer

- Laughing
- Exercise

Social Interaction

- Creative art activities



Elements of Connection



Marble
Race #1

Choose
your team.

Carrara
8 Ball
Lava



Marble
Race #1

Cheer on
your team.



Marble Race #1

Cheer on
your team.

Note how
that feels
and your
energy
level.



Marble Race #2

Get with
your
partner
person.

Choose
your team.
Masterglass
Beelievers
Harlequins



Marble
Race #2

Cheer your
team on
with your
partner.



Marble Race #2

Cheer your
team on
with your
partner.

High 5 and
say “Good
race!”

Can you feel
it?

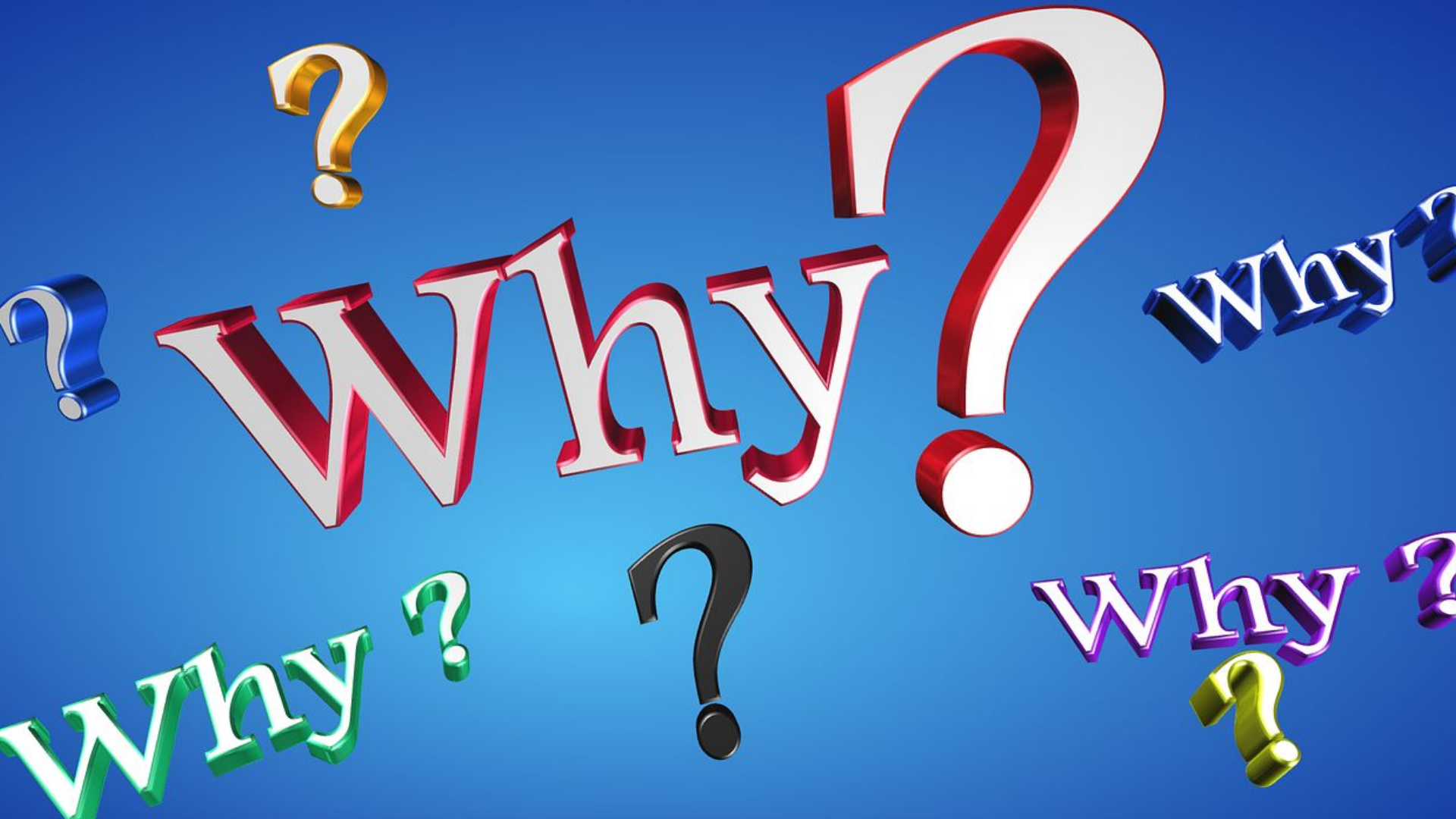


Turn and Talk

Share one sentence with
your partner about how that
felt to you.







Elements of Connection





Gimme 5

Gimme 5

On the side

Cut the pickle

Give a tickle



Dance Together



Give a Greeting





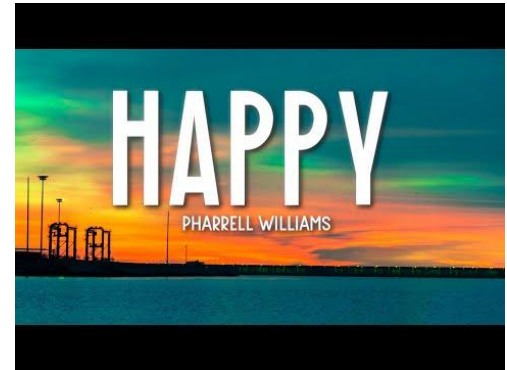
I am going to...

Contact Information & Resources

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Four Elements of Connection

All learning begins with connection! Connections on the outside (with other people) actually create and strengthen neural connections within the brain.

Eye contact, presence, touch and a playful setting are the four core components required to truly connect with others. Learn how to provide all four essential elements (and why) with this helpful guide.

[ConsciousDiscipline.com](https://www.consciousdiscipline.com)

Connection Requires Four Critical Elements:

Eye Contact



Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."
- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch



Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

Playfulness



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.

Readiness Summit 2023: Joyful Connections

Caring Connections/I Love You Rituals for Home and School

Remember that connections must include all 4 elements:

1. Eye contact
2. Touch
3. Presence
4. Playfulness

Younger children (up through around 4th grade)

- How to use ILYR at home <https://youtu.be/bl7b3TespAw>
- Add all the elements of connection to a favorite nursery rhyme or song that you already know
- Dance together
- Greet them each day including all the elements of connection
- Boa Constrictor Song <https://youtu.be/oRtfMHBMSHM>
- Use some of CD's ILYR
 - Round the Garden <https://youtu.be/5cz637vFZml>
 - Twinkle Twinkle <https://youtu.be/YFhBbvW3lqY>
 - Hot Dog <https://youtu.be/UsdRJ1pjzQY>
 - Georgie Porgie https://youtu.be/Xos8SV_RBjM
 - Under the Blanket <https://youtu.be/mDNlZ1ztbXk>
 - Peter Peter <https://youtu.be/US2Jnqo75G0>
 - More examples here:
<https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/i-love-you-rituals/#examples>

Older children through adults

- Play a sport together
- Create a special handshake
- Play board and card games, give a high five when you finish a round
- Greet them each day including all of the elements
- Hand clapping games like:
 - Boom, Snap, Clap <https://youtu.be/UkFs5glUMjw>
 - Double This <https://youtu.be/vNm52EdG3cg>
 - Miss Mary Mack <https://youtu.be/f9NoUQcEzE>
 - Old School Clapping Games https://youtu.be/EC0F_Y1m4VM
 - Tic-Tac-Toe Hand Game <https://youtu.be/JyPajoEaDQ4>
 - Rhymes and Hand Claps <https://youtu.be/hCvH74vrOfg>
 - Hand clapping games <https://youtu.be/1Q2ADMzSwb8>,
<https://youtu.be/i6aCugwqZJ4>

- Create a cell phone free zone for meal times and have discussions be sure to include all of the elements of connection, you can find some discussion starters here: <https://www.sixsistersstuff.com/50-family-dinner-conversation-starters/>
- Dance together
- Cook a meal together
- Create a song together
- Play hair salon by trying out different hairstyles together
- Tell knock knock jokes together, for the “knock, knock” part have one person hold up their hand like a door while the other knocks on it (to include touch)
- Go through old photos together and tell the stories connected to the photos
- Play Rock, Paper, Scissors
- Thumb Wars

Classroom Rituals that also Build Connection

You can find examples of these in Shubert’s School and Classroom at:

<https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/>

- Greetings and goodbyes
- Wish Well ritual
- Welcome Back ritual (after absence)
- Celebrations
- School Family board/book
- Welcoming rituals for new children
- Goodbye ritual for child moving/leaving school
- Goodbye ritual for teacher leaving school
- End of the year ritual
- I Will “Remember You” book

Additional resources:

“I Love You Rituals” book by Becky Bailey

<https://consciousdiscipline.com/product/i-love-you-rituals/>

“Creating the School Family” book by Becky Bailey

<https://consciousdiscipline.com/product/creating-the-school-family/>

75 Ways to Connect and Contribute

<https://consciousdiscipline.com/75-ways-for-kids-to-connect-and-contribute/>

Caring Connections Calendar

<https://consciousdiscipline.com/resources/caring-connections-calendar/>

“I Love You Ritual” video <https://youtu.be/C3PtrInUm4U>