



Conscious Discipline®

The purpose of this document is to help us all get on the same page with CD implementation and to provide a foundation of CD so we can strengthen our implementation of the Feeling Buddies Tool Kit. It's most helpful to read the Managing Emotional Mayhem book before you begin the Feeling Buddies Tool Kit.

ARE YOU WILLING?

1. Understand the Conscious Discipline Brain State Model.

P. 35

Conscious Discipline® Brain State Model

| | |
|--|--|
| <p>Executive State (Prefrontal Lobe)</p> <ul style="list-style-type: none"> • Tend to focus on what we don't want first • Able to reflect and plan • Sees impact on others | <p>What can I learn from this??</p> |
| <p>Emotional State (Limbic System)</p> <ul style="list-style-type: none"> • CD-Rom plays • Thinking errors - always/never • It's all about you • Blaming - "I am right!!!" | <p>Am I Loved?</p> |
| <p>Survival State (Brain Stem)</p> <ul style="list-style-type: none"> • no eye contact • resistance to questions, touch • tense face/body • feels cornered and powerless <p>Fight/Flight/Flee Freeze/Lie/Surrender</p> | <p>Am I Safe?</p> |

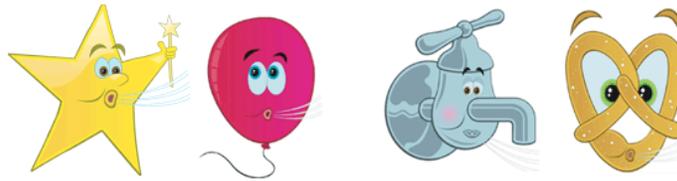
The brain always functions as a whole.

Conscious Discipline
ConsciousDiscipline.com 1.800.842.2846 Loving Guidance Inc.

- Understand the impact of stress on our executive state functioning.
- Identify the brain states of others, identify the brain state you are in. Talk about brain states with staff.
- Survival State: Composure, Assertiveness
- Emotional State: Encouragement, Choices, Empathy
- Executive State: Positive Intent, Consequences

2. Implement Activities to Disengage Stress. Start your “Be a S.T.A.R. Program”

Be a S.T.A.R. Program



- Are you willing to teach DeStressor activities?
 - When will you teach them (the brain is pattern seeking)
 - Where will you teach them
 - What DeStressors will you use?
- Are you willing to Practice Active Calming? “STAR ‘I’m safe. Keep breathing. I can handle this...wish well, QTIP, OOPS”
- Create a SafeKeeper Ritual

3. Implement Connection Activities. Are you willing to do greetings every day?

- What greetings are you willing to introduce.
 - When will you greet?
 - What is your no touch option?
 - Did you teach it’s OK to pass?



- What I Love You Ritual are you willing to teach first?
 - When will you teach it?
 - Remember eye contact, touch, presence, in a playful situation.
 - Teach the children that sometimes you can do these I Love You Rituals to help you feel better.
 - Teach the story hand, Bye Bye Crankies, and other clapping games.

