Conscious Discipline Behavior Plan

Student Name: ________________________ Teacher Name: ________________________ Date: _________

Four Main Goals:

1. To help defiant, resistant children become intrinsically willing to learn new skills by establishing healthy relationships with responsive adult(s).
2. To teach willing children new helpful social emotional life skills in order to get their needs met and achieve their goals.
3. To help children become consciously aware of hurtful behaviors and show them they have no value.
4. To help children become consciously aware of helpful behaviors and show them they have great value.

Comprehensive Implementation Plan

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Who: ____________________________________________
When: ___________________________________________

Overall Developmental Question Being Asked?

- Am I safe?
- Am I loved?
- What can I learn?
### Strategies for Increasing Sense of Safety

- Noticing
- Adult assertiveness
- Routines in pictures
- Composure (adult and child)
- Safekeeper, Safe Place

- In classroom
- In small group
- One-on-one

### Strategies for Increasing Sense of Connection/Belonging

- Rituals for connections
- Encouragement
- Jobs to be of service
- Empathy (D.N.A. process)
- Choices
- The School Family culture

- In classroom
- In small group
- One-on-one

### Critical Executive Skills Missing or Emerging

- Attention
- Time management
- Organization
- Prioritization
- Working memory
- Impulse control

- Flexibility
- Empathy
- Metacognition
- Goal achievement
- Task initiation
- Emotional control

### Strategies to Teach New Skills of Scaffold Executive Skills (circle one(s) to implement)

- Class meetings
- Role-play practice
- Visual routines
- Visual prompts
- Visual social stories
- Stress reductions strategies
- Time Machine practice

- Feeling Buddies
- Baby Doll Circle Time
- Social skills coaching
- Jobs to be of service
- Rage visual book
- Direct instruction
- Increased play

- Attention signals
- Music / movement
- Sensory diet
- Rituals to connect
- Literature
- Safe Place
- Self-regulation skills

### Data - How will progress be tracked?

- Who will teach the new skill(s)?
- When will the skill(s) be taught?