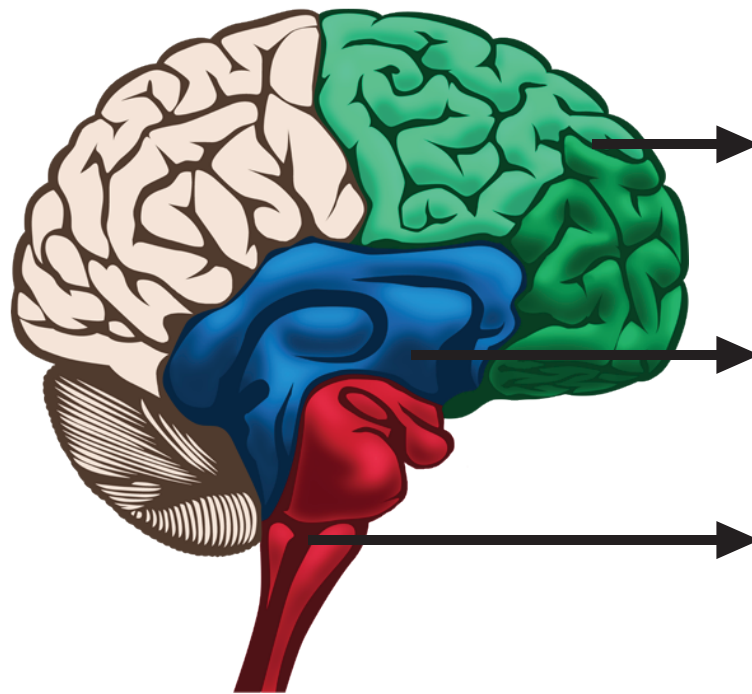




## Session 2: Becoming Brain Smart

E-Course/Mini-Poster

# Conscious Discipline® Brain State Model



### Executive State

**Need:** Problem solving opportunities

**Looks like:** Wisdom, unlimited skills

**Message:** What can I learn?

### Emotional State

**Need:** Connection

**Looks like:** Back talk, sass, yelling, verbal reactions

**Message:** Am I loved/connected?

### Survival State

**Need:** Safety

**Looks like:** Hiding, fighting, surrender, physical reactions

**Message:** Am I safe?

The Conscious Discipline 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 actively 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.

My personal commitment:

I am going to \_\_\_\_\_