



Course Syllabus

CONSCIOUS DISCIPLINE:
BUILDING RESILIENT
SCHOOLS AND HOMES

Discover the only comprehensive program combining social-emotional learning, discipline and classroom management for adults and children with transformational results.

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

Safety | Connection | Problem-Solving

COURSE SYLLABUS

DESCRIPTION

This 10-session online course will guide you through the core methodology of Conscious Discipline, a leader in brain-based social-emotional learning that's proven to build resilience in children, families, educators and schools. Educator, author and child development expert Dr. Becky Bailey takes a deeper look at the powers, skills and structures of the Conscious Discipline program. This self-paced course delivers 11+ hours of experiential learning with lots of digital extras and video FAQs for educators, parents and mental health professionals.

DURATION

- 10 online sessions
- 11+ hours of high engagement learning

COURSE STRUCTURE

- 1 core teaching video per session by Dr. Becky Bailey
- 1 downloadable participant guide per session
- 3-5 video FAQs for Educators per session
- 3-6 video FAQs for Parents per session
- Additional digital resources as referenced in individual sessions

COURSE TEXT *INCLUDED

Conscious Discipline: Building Resilience Classrooms by Dr. Becky Bailey

OPTIONAL RESOURCES

- *Creating the School Family* by Dr. Becky Bailey
- *Easy to Love, Difficult to Discipline* by Dr. Becky Bailey
- *Managing Emotional Mayhem* by Dr. Becky Bailey

INSTRUCTOR

Dr. Becky A. Bailey



CORE COURSE CONCEPTS

- Conscious Discipline Brain State Model
- School Family
- Seven Powers for Conscious Adults
- Seven Skills of Discipline

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COURSE OVERVIEW

SESSION 1: INTRODUCTION TO CONSCIOUS DISCIPLINE

- Examine traditional discipline, reflecting on how we've disciplined in the past and why we have continued this pattern.
- Discover one value system that integrates the way we feel on the inside with the way we behave on the outside.
- Explore the mindset shift necessary to help us remain conscious, even in the most challenging moments.

SESSION 2: BECOMING BRAIN SMART

- Understanding that permanent behavior change requires is to manage our inner states so we can change how we respond to others.
- Explore how to be a co-regulator with children while strengthening out self-regulation skills.
- Identify the skills and behaviors of the Survival State, Emotional State and Executive State.
- Utilize the Conscious Discipline Brain State Model to illustrate how to integrate and wire the brain for optimal development.

SESSION 3: THE CONNECTED FAMILY AND THE SCHOOL FAMILY

- Discuss the shift from a factory model of education to a family model, with the goal of creating an optimal school culture.
- Examine how intrinsic motivation to achieve, learn and be of service is more effective than relying on external manipulation.
- Discover the transformative power of the School Family and the Connected Home Family, and how they lay the groundwork for a safe, connected culture where problem-solving is possible.

SESSION 4: THE SKILL OF COMPOSURE AND THE POWER OF PERCEPTION

- Practice strategies for taking back our power.
- Discover ways to change destructive trigger thoughts into healthy self-talk and active calming
- Explore ways to download calm and answer the question "Am I safe?" with the Skills of Composure. Examine the Safe Place as a self-regulation learning center so children and adults can practice the Skill of Composure.

COURSE OVERVIEW

SESSION 5: THE SKILL OF ASSERTIVENESS AND THE POWER OF ATTENTION

- Utilize the Power of Attention to focus on what we want.
- Discover how to access and develop out assertive voice.
- Apply the Skill of Assertiveness through visuals to increase compliance.
- Examine the necessary steps to empower children to use their BIG voice in times of conflict.

SESSION 6: THE SKILL OF ENCOURAGEMENT AND THE POWER OF UNITY

- Identify ways to shift from a culture of “us” and “them” to a culture of “we” with unity as its goal.
- Recognize how being of service can function as a powerful replacement for external rewards.
- Practice the language of encouragement to highlight acceptance and unconditional love.
- Explore the School Family and connected home family structures to help children practice the Skill of Encouragement.

SESSION 7: THE SKILL OF CHOICES AND THE POWER OF FREE WILL

- Understand that power comes from choice, not force.
- Learn ways to help children build self-esteem by offering them two positive choices.
- Recognize that Power of Free Will and the fact that the only person we can make change is ourselves.
- Discover ways to help children reframe blame and take responsibility for their actions and choices.

SESSION 8: THE SKILL OF EMPATHY AND THE POWER OF ACCEPTANCE

- Explore how managing our inner state is a prerequisite to resolving conflicts.
- Determine how to shift from negating our feelings to accepting and managing them in moments.
- Discover ways to help children take ownership of their feelings as we guide them through emotional regulation.
- Examine how to handle fits, tantrums and emotional upset in a way that wires the brain for self-control.

COURSE OVERVIEW

SESSION 9: THE SKILL OF POSITIVE INTENT AND THE POWER OF LOVE

- Understand that in order for children to behave differently, we must see them differently.
- Discover how the Skill of Positive Intent can turn resistance into cooperation.
- Practice effective ways to respond to physical and verbal aggression.
- Learn and apply the steps for teaching children to resolve conflicts with others.

SESSION 10: THE SKILL OF CONSEQUENCES AND THE POWER OF INTENTION

- List the five realities of effective consequences.
- Understand there are three types of consequences.
- Discover how the Power of Intention can foster responsibility, reflection and willingness to change.
- Discuss how the executive skills are instrumental in problem solving.