



ConsciousDiscipline

# It Starts in the Heart, Creating a School Family™ from the Inside Out

Keynote Presentation

Presented by: Amy Speidel, Conscious Discipline Master Instructor

## Seven Powers, Skills and Structures – in a Nutshell!

Power: **Perception**



Skill: **Composure**

**Composure:** Be the person you want others to become

- **Power:** No one can make you angry without your permission
- **Skill:** **S.T.A.R.** – **S**mile, **T**ake a deep breath, **A**nd **R**elax
- **School Family Structures:** Brain Smart® Start, Safekeeper Ritual, Safe Place™, Self-Regulation Center, Friends & Family Board

Power: **Attention**



Skill: **Assertiveness**

**Assertiveness:** Setting limits respectfully

- **Power:** What you focus on, you get more of
- **Skill:** Name/Verb/Paint, “Carl, stand in line, like this” – demonstrate with your body
- **School Family Structures:** **M.A.P.** (**M**odel, **A**dd visuals, **P**ractice), Visual Daily Schedule, Time Machine™, Routine books

Power: **Unity**



Skill: **Encouragement**

**Encouragement:** Building the School Family

- **Power:** We are all in this together
- **Skill:** Notice instead of judge “You did it! You \_\_\_ so that \_\_\_. That was helpful.”
- **School Family Structures:** Connecting Rituals, Ways to be Helpful, Kindness Tree and Recorder, Job Board, Friends & Family Board and Books

Power: **Free Will**



Skill: **Choices**

**Free Will:** Building self-esteem and willpower

- **Power:** The only person you can make change is yourself
- **Skill:** Give positive choices, “You may \_\_\_ or \_\_\_. What do you choose?”
- **School Family Structures:** Visual Rules

Power: **Acceptance**



Skill: **Empathy**

**Empathy:** Teaching children to manage their emotions

- **Power:** This moment is as it is
- **Skill:** **D.N.A.** process for emotional regulation (**D**escribe, **N**ame feeling, **A**cknowledge child’s desire)
- **School Family Structures:** We Care Center

Power: **Love**



Skill: **Positive Intent**

**Positive Intent:** Creating teaching moments with oppositional children

- **Power:** See the best in others
- **Skill:** “You wanted \_\_\_.” or “You were hoping \_\_\_.” statements to teach instead of judge
- **School Family Structures:** Celebration Center, Wishing Well, School Family Assemblies

Power: **Intention**



Skill: **Consequences**

**Consequences:** Helping children learn from their mistakes

- **Power:** Mistakes are opportunities to learn
- **Skill:** Natural consequences (learn a new skill), Logical consequences (use skill you already possess), Problem-Solving (motivation to use Executive Skills)
- **School Family Structures:** Class Meetings, Time Machine™, Relationship Repair Rituals



## POWER OF ATTENTION

THREE GUIDING PRINCIPLES

- What you focus on, you get more of.
- When you are upset, you are always focused on what you don't want.
- We are upset because we resist what is!

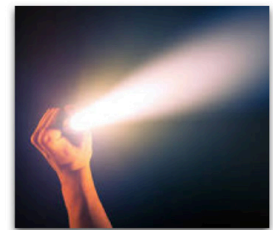


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## ATTENTION ILLUMINATES

- What we value!
- What we teach children to value!
- How we literally alter the structure and circuits of our brain = Neuroplasticity



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The degree to which you have or do not have personal power will determine your action.

**EXECUTIVE STATE**  
Pre-frontal Lobes

I can choose.

**EMOTIONAL STATE**  
Limbic System

You should feel bad.

**SURVIVAL STATE**  
Brain Stem

You need to PAY!



Remember to **S.T.A.R.:**

**Smile** - Turns off the alarm so that all areas of the brain stay open. Just push the corners of the mouth up. That's all it takes.

**Take a deep breath** - Brings fresh oxygen into the body. Oxygen is brain food.

**And**

**Relax** - By relaxing your muscles, you're able to further turn off the fight, flight, or surrender response. It helps to keep the executive state open and functioning so that you can problem solve.

**1** Attributes of someone you hold in high regard.

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**2** Qualities of someone with whom you would share an island.

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**3** 4 hours "off the books":

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**4** A tribute:

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Reflections:

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