



ConsciousDiscipline

Picture This! Visuals that Boost Safety & Connection for Older Children

For Grades 3-5

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Ways to Be Helpful: M.A.P. M = Model, A = Add visual, P = Practice	Picture Rule Cards	Friends & Family Connections
<ol style="list-style-type: none"> 1. What do you want your School Family™ to look, sound and feel like? 2. Where do you experience chaos? 3. What Brain Smart® component might be helpful to include? Unite, connect, disengage or commit? 	<ol style="list-style-type: none"> 1. M.A.P. the routine first. 2. Add picture rules to provide the brain with clear contrast of safe vs. unsafe examples. 3. Post where they will be helpful. 	<ol style="list-style-type: none"> 1. Include photos of all of the people who love, support and help keep students safe. 2. Add pictures throughout the year. 3. Create bulletin board displays and class-made books. 4. Add display/book in the Safe Place™.
<p>WEEK 1:</p> <ul style="list-style-type: none"> • Breakfast: where, when, how • Entering classroom • Coming to carpet, P.E.A.C.E. meetings • Lunch count procedure (job) • Safe Place procedures • School Family jobs • School-wide expectations: (Restroom breaks, hallway, cafeteria, assemblies, lunch, snacks) • Organize supplies/label (job) • Specials Classes Expectations (Greetings, how to enter & exit, agreements) • Homework/Behavior folders (job) • Quality Producer anchor chart • Turning in work procedure • Reading spots & reading routines • Care & use of book boxes • Brain break expectations • Classroom library book care (job) • Journal use (math/writing) • End of day routine (Stack & pack, transportation tags) 	<ul style="list-style-type: none"> • Read Aloud • Safe Place • Laptop/technology • Flexible seating talk • BYOD (bring your own device) • Inside recess, pictures of items in cabinets where they should be and how it should look • Chromebook, iPad, headphones care • Teacher: collect a meme folder for those moments you need them for quick referral 	<ul style="list-style-type: none"> • Name game • Morning greetings • 1st day pictures • Marshmallow & spaghetti towers • Guess Who collage game • Scavenger hunt (find someone who...) • Bookmark design (school theme) • “What Bugs Me” poster • Daily commitment • Wishing Well (job/attendance) • Welcome Back Ritual • Brain Breaks & Brain Smart Starts • Establish communication routines: Twitter, Remind 101, email, phone calls, newsletters, how we greet and share with families



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WEEK 2: <ul style="list-style-type: none"> • Conflict Resolution 	<ul style="list-style-type: none"> • Time Machine • “What if” role play and pictures for Safe Place • “What if” role play with books, add pictures (in library of school too) • Pictures of “stack and pack” posted (this helps for subs too) 	<ul style="list-style-type: none"> • Notice Success, Celebrate (job) • Give scenarios...Whose job is it? • Discuss difference between personal and group commitments. When and how to reflect (exit ticket, fist to 5, silent moment, goal setting sheet, etc.)
WEEK 3: <ul style="list-style-type: none"> • Procedures & Expectations during assessments/testing • Kindness tree/bucket in classroom (job) 	<ul style="list-style-type: none"> • Ask 3 before me • Voice level chart • Pencil sharpener • Water Bottles • Table talk visuals 	<ul style="list-style-type: none"> • Group talk roles, table talk • All held accountable • Timed Solo Cup Pyramid build by table team. • Create this class’s own “call and response.”
WEEK 4: <ul style="list-style-type: none"> • Pencils (job), procedure, care and share, if on the floor 	<ul style="list-style-type: none"> • Buddy Bench on playground (make a video how to use, when to use) Pictures work too. • Coats, jackets, hoodies • RTI (Response To Intervention) pictures needed if students rotate classes 	<ul style="list-style-type: none"> • All About me bags (small items about each student have to fit in brown bag, no more than 5 items). This could be a homework assignment. Share a few each day as time permits.
WEEK 5: <ul style="list-style-type: none"> • Be mindful of your words, and actions. Hitting the pause. Teach positive intent. 	<ul style="list-style-type: none"> • Lost and Found in class and in whole school • Pictures of students serving others or being helpful posted. This could be a small thing from the kindness tree. (handing someone a pencil) <p>***Notice, Notice, Notice***</p> <p>“That was helpful... You ____ so that ____.”</p>	<ul style="list-style-type: none"> • Create together: a class flag, quilt, handshake, or song/rap.
WEEK 6: <ul style="list-style-type: none"> • Practice, notice, re-do Oops’ • After every long school break, review • Hold P.E.A.C.E meeting, How are we doing? How can we improve? How can we be problem solvers to do better? Students choice and power to have input to make changes. 		



Helpful Visuals, Picture Rules, Friends & Family Connections

WEEK 2:

WEEK 3:

WEEK 4:

WEEK 5:

WEEK 6:



Take Note!

