



ConsciousDiscipline

Start Your Day the Brain Smart® Way

For All Ages

Presented by: Kim Jackson, Conscious Discipline Master Instructor

Brain Smart® Start Physiologically & Neurologically helps us Change States

Brain Smart® Start Attunement for all Interactions

- **Activity to Unite:** Are we on the same page? Unite through joint attention.
- **Activity to Disengage Stress:** Are the children organized or in distress? Download calm.
- **Activity to Connect:** Are children responding to connection? Requires attunement.
- **Activity to Commit:** Am I present, preoccupied or dismissing their inner state?

Brain Smart® Start Symbolic Values

- ♥ **Activity to Unite** → **We value our humanity**
 - *Builds affiliation & safety (endorphins)*
- ♥ **Activity to Disengage Stress** → **We value safety**
 - *Prepares brain for cortical learning*
- ♥ **Activity to Connect** → **We value each other**
 - *Helps to maintain focused attention & motivation to learn*
- ♥ **Activity to Commit** → **We value and respect difference**
 - *Produces serotonin; teaches responsibility*

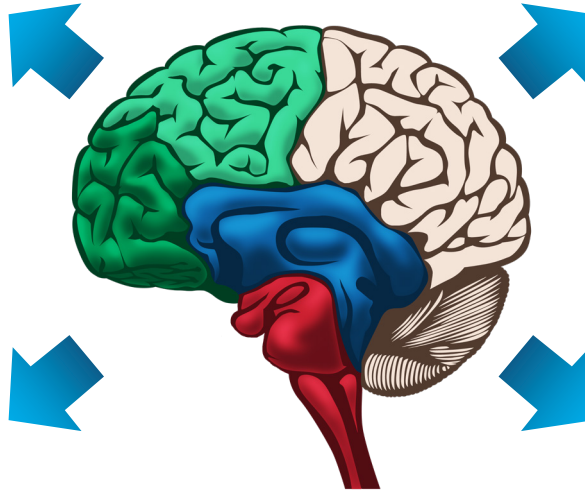
Brain Smart® Start

- Occurs at the beginning of school day
- Occurs at other times during the school day



Unite
Increase energy
Decrease energy
Get on same page

Disengage Stress
Calm down classroom
Organized quiet
Shift gears/transitions



Connect
Increase attention
Increase motivation
Impulse control
Organized energy

Commit
Activate Frontal Lobes
Focus attention
Increase success

Brain Breaks

When do I use a brain break?

- Transition Times
- Class is Off Task and Needs to Refocus
- Low Energy/High Energy

Activities for Low Energy (to increase attention and motivation)

- Songs to Unite & Connect (*I Love You Rituals™*)
- Chants
- Movement
- Exercise

Activities for High Energy:

- Organized Movement Activities
- Breathing Exercises
- Quiet Music
- Hand Massages with “Calming Cream”
- Yoga



Implementation Plan: Brain Smart® Start

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

WEEK 5:

WEEK 6:



Implementation Plan: Brain Smart® Start (continued)

♥ How will you UNITE your class/staff?

School Family™ name:

Safekeeper ritual:

Class chants:

Favorite songs:

Times of day that benefit from unity of the group:

List of materials needed:

♥ How will you help your class DISENGAGE STRESS?

Beginning of the day:

Before each transition:

During stressful moments:

After active periods such as recess:

List of materials needed:

♥ How will you CONNECT with your class/staff?

Each morning: Teacher with Child

Child with Child

With a child whose behavior is challenging for you:

During transitions:

At the end of each day:

List of materials needed:

♥ How will you have the class/staff COMMIT?

As a Group:

Individually: