



ConsciousDiscipline™

Using Conscious Discipline to Integrate Social-Emotional Learning and Academics

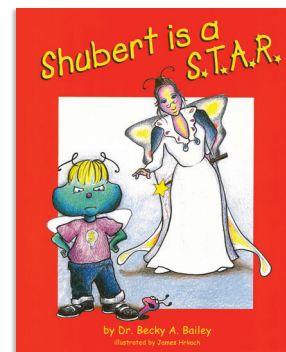
For Administrators

Presented by: Lindsey Merrick, Conscious Discipline Certified Instructor

Implementation Plan: Weeks 1 – 6 and Beyond!

WEEK 1: Shubert is a S.T.A.R.

- Implement a daily Brain Smart® Start
- Skill of Assertiveness
 - Teach and practice attention signals
 - M.A.P. classroom routines and procedures (Tip: have visual templates ready to use for the first day/week)
- Introduce rituals to foster connection
 - Safekeeper ritual
 - Greetings/Goodbyes
- FIRST WEEK CENTER IDEAS:
 - S.T.A.R. Breathing Tool
 - School Family Mascot Craft (Example: Helpful Dragons make a dragon flag)
 - Decorate popsicle stick person for Safekeeper Ritual
 - Self-portrait
- Creating a School Family™
 - Energy ball/stick to visualize “We are all connected.”
 - Friends & Family Board (Tip: add “friends and family” pictures to supply list)
 - School Family Commitments
 - Write a class book: “Ways To Keep It Safe”
 - Introduce and assign Classroom Jobs
 - Play a lot of name games for School Family building
 - > Student/Name matching game (like concentration, matching face to written name)
 - > Send home “Friends Bingo” and “Friends Concentration Game” for students to play with parents
 - Write Welcome Letter(s) to students enrolling after the first day
- Safe Place™
 - Introduce calming strategies (S.T.A.R., Pretzel, Balloon, Drain) throughout the week
 - Draw pictures of where they feel safe
 - What Bugs Me Book
 - Game: Four Corners using the calming strategies icons (S.T.A.R., Pretzel, Balloon, Drain)
 - Give students a star sticker to put on their hand. Coach them to share at home that the star is a reminder to **S.T.A.R.:** **S**mile, **T**ake a deep breath, **A**nd **R**elax.
 - On the fourth day of school hold a grand opening ribbon cutting ceremony for the Safe Place. Allow all students to “take a tour” and explore the materials.



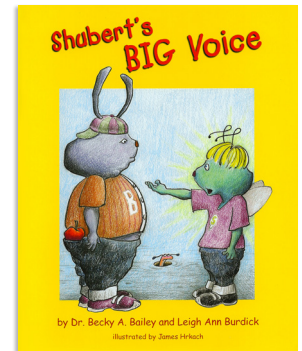
Remember to **S.T.A.R.:**
Smile,
Take a deep breath
And **R**elax!
Three deep belly breaths
calm your brain and body.



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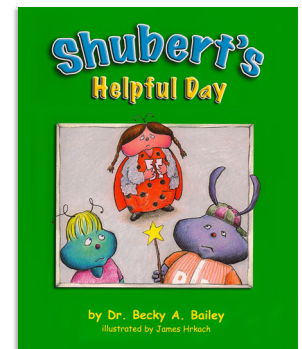
WEEK 2: Shubert's Big Voice

- Begin making class wide commitments as part of the morning routine. Remember to plan time to reflect on commitments at the end of the day. "We did it!" or "Oops! We'll practice again."
- Introduce Wish Well ritual
- Introduce Kindness Tree
- Introduce Conflict Resolution Time Machine and role play using your Big Voice.
 - Example: Teacher says a sentence in an aggressive/passive voice. Students practice saying it assertively.
- WRITING CENTER IDEAS:
 - Breathing exercise book
 - Notes for Wish Well
 - Celebration
 - Noticing Kindness



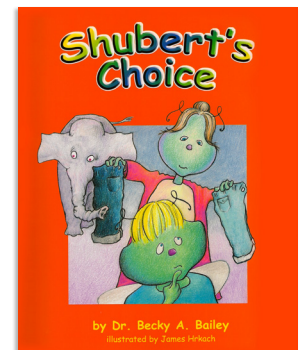
WEEK 3: Shubert's Helpful Day

- CRAFT: Kindness Tree that students take home to connect with family
- Introduce kindness tickets
- Write Class Book: "Ways To Be Helpful"
- Write Class Book: "Job Descriptions": Take pictures of the students doing the jobs and students dictate/write a step-by-step job description
- Write Class Book: "We Wish You Well": Students write about someone they are wishing well



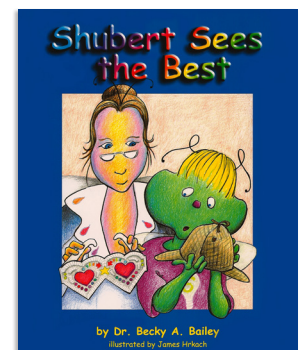
WEEK 4: Shubert's Choice

- Introduce individual commitments; Remember to reflect at the end of the day: "oops" and "I did it"
- Extend M.A.P. with two positive choices
- Write Class Book: "You Have Choices": I can make choices every day, I can choose _____ or _____



WEEK 5: Shubert Sees the Best

- CRAFT: Heart-shaped glasses
- Practice offering Positive Intent
 - Show movie clips and ask "I wonder why..." then offer "Could it be that (Positive Intent)..."
 - Ask students to share examples of hurtful behaviors and practice reflecting "What do you think that behavior means?" Reflect on how it feels in their body to view it differently.





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WEEK 6: Shubert Rants and Raves

- Introduce Consequences reflecting on Choices
 - Role play handling disappointment/frustration/sadness, etc.
 - Revisit Safe Place

WEEK 7 and Beyond: Shubert's New Friend

LITERACY:

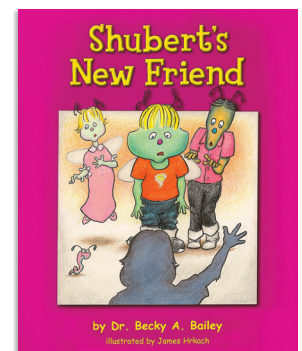
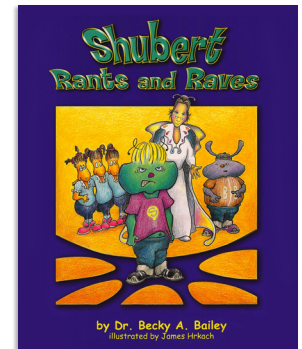
- Letters to Shubert in the Writing Center (teacher writes a letter from Shubert and the students write back to Shubert)
- Narrative writing about the Feeling Buddies
- Opinion writing about the School Family structures
- Information writing with procedures, jobs and more! Students write "How To" books for all classroom procedures, jobs, structures and more!

MATH:

- Count, graph and analyze data for "Acts of Kindness"

SOCIAL STUDIES:

- Have students research historical figures and reflect on helpful character traits like kindness, bravery and helpfulness.





This image shows a blank sheet of white paper with horizontal grey ruling lines. In the top-left corner, there is a small yellow pencil icon. In the bottom-right corner, there are four colorful cartoon illustrations arranged in a 2x2 grid: a yellow five-pointed star with a face holding a wand, a pink heart-shaped balloon with a face, a blue faucet with a face, and a brown bow tie with a face.

