

Content Post-Training Assessment

Self-Reflections Training Tool

Name: _____ Date of Training: _____

Name of Trainer: _____ Location: _____

☐ Check this box if you are willing for us to use your responses as part of future research on the impact of Conscious Discipline on child outcomes and adult mindset shifts. The research will not use your name and your privacy will be protected.

What activities/songs/games did you find really helpful? (i.e., you plan to incorporate it into your daily activities with children, and/or it provided you with a personal revelation) Select "N/A" (not applicable) for activities that were not part of your training.

Conscious Discipline Skills	Very Helpful	Potentially Helpful	Not Helpful	N/A or not learned yet
1. Composure	☐	☐	☐	☐
2. Assertiveness	☐	☐	☐	☐
3. Encouragement	☐	☐	☐	☐
4. Choices	☐	☐	☐	☐
5. Empathy	☐	☐	☐	☐
6. Positive Intent	☐	☐	☐	☐
7. Consequences	☐	☐	☐	☐
8. Brain Smart® Start Routine	☐	☐	☐	☐
9. Safekeeper Ritual	☐	☐	☐	☐
10. The Safe Place™	☐	☐	☐	☐
11. Daily Commitments/Job Board (Ways to Be Helpful Board + Meaningful Jobs)	☐	☐	☐	☐
12. Wish Well Routine/Board	☐	☐	☐	☐
13. Breathing Strategies (i.e. S.T.A.R., Balloon, Drain, & Pretzel)	☐	☐	☐	☐
14. Class Meetings	☐	☐	☐	☐
15. I Love You Rituals™	☐	☐	☐	☐
16. Feeling Buddies®	☐	☐	☐	☐
17. Greeting/Goodbye Rituals	☐	☐	☐	☐
18. School Family™ Songs	☐	☐	☐	☐
19. Friends and Family Board	☐	☐	☐	☐
20. Kindness Tree	☐	☐	☐	☐
21. Time Machine	☐	☐	☐	☐
22. Transition Rituals	☐	☐	☐	☐
23. Visual Rules and Routines	☐	☐	☐	☐
24. We Care Center	☐	☐	☐	☐
25. Celebration Center	☐	☐	☐	☐
26. Picture Rule Cards	☐	☐	☐	☐
27. Absent Child Ritual	☐	☐	☐	☐
28. New Student/Welcome/Moving Rituals	☐	☐	☐	☐
29. Baby Doll Circle Time™	☐	☐	☐	☐
30. Other (please fill in): _____	☐	☐	☐	☐

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What was challenging for you to hear/see/do during the training? And why?

Identify one or two things you are actively working to change in your day-to-day practice with children based on your Conscious Discipline training:

What else would you like to share about your personal journey and experience with learning, practicing, and implementing Conscious Discipline?

Thank you for your time completing this reflection tool!