



Conscious Awareness Learning Model
Based on Conscious Discipline®

Session 3: The School Family & the Power of Perception and Skill of Composure

Funded by:  In partnership with:   

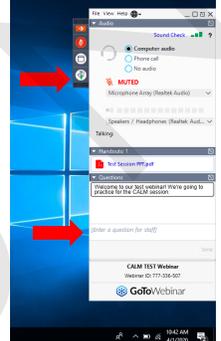
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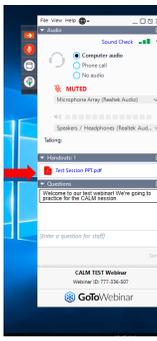
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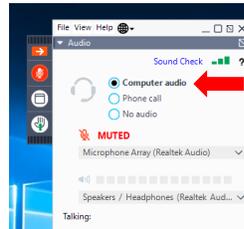
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- You will find the copy of the session PowerPoint available for you to download under the "Handouts" menu. (In English and Spanish)
- All of the videos used in the presentation are linked in the handouts (click on the black box in the PDF file and it will open on YouTube)



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- If you have audio problems at any point during the session, make sure you are connected via "Computer audio"
 - For those on the mobile application make sure it says "You are connected using the internet" under the "Audio" tab
- Most of the audio problems are caused by a slow internet connection, you can always disconnect and rejoin the webinar from the link in the email



Arrival Routine

- Greetings! ☺
- Complete pre-survey
 - If not, complete it here <https://www.surveymonkey.com/r/CFBCHR2>
- Get ready!



Check-in Polls

1. How did you feel over the holidays since our last CALM Special Session in December?

- Extremely stressed
- Moderately stressed
- Occasionally stressed
- Not stressed at all

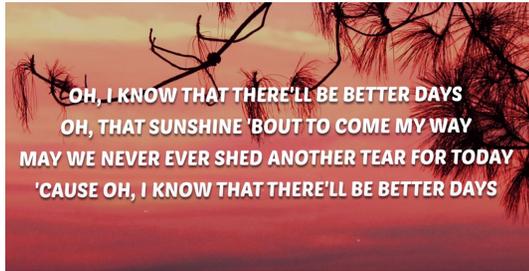
2. Were you able to notice when you got stressed and tap into some calming strategies?

- Never
- Sometimes
- Often

Happy New Year - Resolutions???

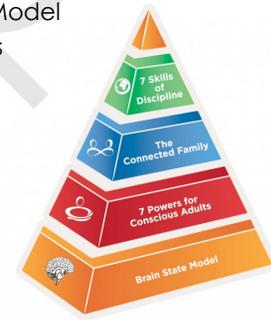


Better Days



Four Essential Components of Conscious Discipline®

1. Conscious Discipline® Brain State Model
2. Seven Powers for Conscious Adults
3. Creating the School Family
4. Seven Skills of Discipline



Conscious Discipline® – Quick Review

- Focuses on building a School Family – Early Childhood Family
- Raises achievement scores
- Strengthens self-esteem
- It is a **journey** that creates lasting change through a **community** of **caring** and **connection** ❤️
- It is based on a Brain State Model
 - Helps us **Respond** vs. **React**

Conscious Discipline® – Quick Review

- An emotional intelligence program based on brain research
- Gives teachers and adults the skills to help children become successful in school and in life
- Three core components of Conscious Discipline® are:



Three Brain States

- **Survival State**
 - Fight, Flight or Freeze (non-verbal)
 - **Am I safe?**
- **Emotional State**
 - The world is not going my way
 - **Am I loved?**
- **Executive State**
 - Optimal State of Learning, goal achievement and problem solving skills (relaxed alertness)
 - **What can I Learn?**

Just Breathe



Brain State Model Goals

- Remain in the **executive state** ourselves
 - Change our internal state from **upset** to **calm**
 - **"I am safe", keep breathing, "I can handle this"**
- 

Stop/Smile

Take a deep breath

And

Relax
- Identify which internal state the child is in
 - Assist the child in achieving an **executive state** for optimal learning
 - Address the behavior by teaching a new skill

Brain Smart Principles Review

1. The **best exercise** for the brain is exercise
2. The brain is **pattern seeking** and **survival oriented**
3. Connections on the outside with other people build **neural connections** on the inside
4. The **brain functions optimally** when the child feels safe

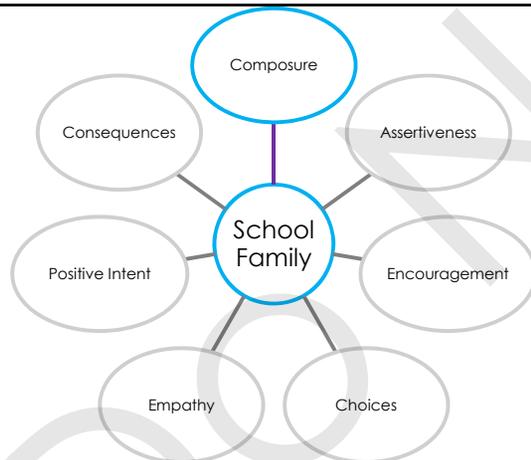
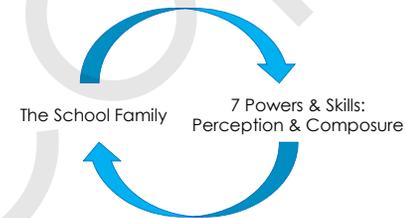
Setting Up Our Classrooms For Optimal Learning

- Traditional Factory Model
 - External Motivators
 - i.e. punishments and rewards
- Creating The School Family
 - Internal Motivators
 - i.e. **Safety**, **Connection** & **Problem Solving** and using the 7 Powers and Skills of Conscious Discipline®



The School Family

- The School Family has a **reciprocal** relationship with the seven **powers** and **skills** of Conscious Discipline®



Creating The School Family

Routines
Teach expected behaviors



Rituals
Build connections



Structures
Meet needs of **all** children



Brain Smart Start

- UNITE – Greeting Song
- DISENGAGE STRESS – Breathe ★
- CONNECT – I Love You Ritual ♥
- COMMITMENT – To help keep it safe



Review Session 2

Do you start your day the Brain Smart Way?

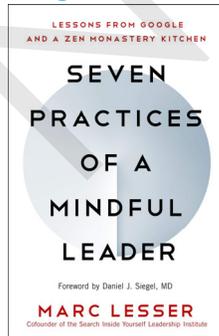
- Write down how you begin your day. Do you have activities to unite, disengage stress, connect or commit/affirm?

How many of you use the Safekeeper Ritual in your Morning Smart Start?

Seven Practices of a Mindful Leader

Investigate-Connect-Integrate

1. Love the work
- inspire, aspire, conspire
2. Do the work
- opportunity to learn and grow
3. Don't be an expert
- I am curious and want to learn
4. Connect to your pain
- why do I feel this way?
5. Connect to the pain of others
- positive intent
6. Depend on others
- coach, empower, listen, notice
7. Keep making it simpler
- don't be busy; be focused, engaged, and spacious



#3 Don't be an Expert

Approaching life with a "Beginners Mind"

- Being more open, curious, and flexible
- Giving up the need to be an expert, or being right
- Attitude that "I am curious, and I want to learn"
- To be willing to learn from each person and situation

Skill of Composure

The state or feeling of being calm and in control of oneself.

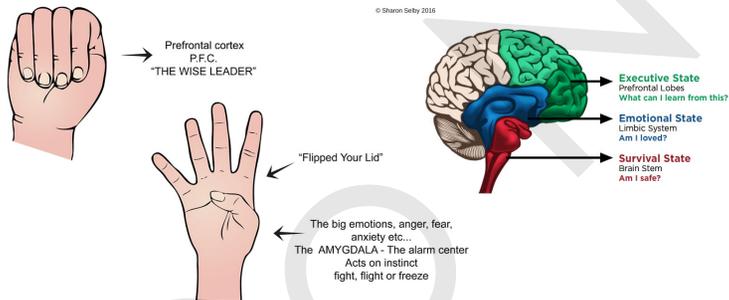


Skill of Composure

- Self-regulation in action
 - The prerequisite skill adults need before disciplining children
- Being the person you want others to become
- Gives you access to the higher centers of your brain



Flipping Your Lid



Adapted from Dr. Daniel J. Siegel's Hand Model of the Brain found in Mindsight: The New Science of Personal Transformation (Bantam Books, 2010)

Power of Perception

Peace Keepers

We all have demands of time and circumstance. Peace comes from choosing, through the Power of Perception, to allow life to unfold rather than attempting to force it into a mold of what "should be" based on our past experiences and current judgments.

Power of Perception

The goal is to **take responsibility** for our own upset and, in turn, **teach** children to be responsible for their own behavior.

Power of Perception

No one can make you angry without your permission

- Perception determines how we **react/respond**
- **Meanness/disrespect** dictates a **punitive response**
- **Lacking a skill** results in a **calming response**

Power of Perception

In any situation, we can choose to be a STAR



Stop/**S**mile
Take a deep
 breath
And
Relax



Benefits of Conscious Breathing

- Releases toxins from the body
- Improves the immune system
- Balances the nervous system
- Helps release unhealthy memories and stifled emotions
- Integrates our brain to engage the higher centers for optimal functioning



STAR Person

- Add "S.T.A.R. Person" to your student job list



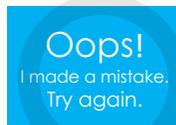
"Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation."



-Viktor E. Frankl, psychiatrist, neurologist, Holocaust survivor

Negative self-talk/CD-ROM

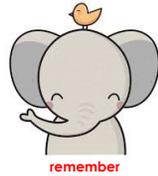
- Inner tyrant who punishes us for our mistakes
- Locks us into the lower centers of our brain
- "How stupid can I be?" "He knows better"
 - Break the negative self-talk and create a new neural network of forgiveness



"Losing It" vs "The Better Way"

- Q Tip Method
Q – **Q**uit **T** – **T**aking **i** – **i**t **p** – **p**ersonally





A child **cannot** be in a higher brain state than the adult.

Activity to Determine Your Triggers

Assumed Intent

- You're just doing this to annoy me
- You're deliberately defying me
- You're driving me crazy
- You're intentionally tuning me out
- You're just doing this to spite me

Magnification

- I can't stand this one minute longer
- You've gone too far this time
- You never listen, pay attention, focus
- How dare you speak to me like that?
- You turn everything into a power struggle, lousy time, nightmare, etc.

Labeling

- This is just plain manipulation
- You're lazy, ungrateful, selfish, etc.
- You don't care about anyone but yourself
- You're deliberately being mean, cruel, a smart mouth, a jerk, etc.

Additional Triggers

- _____
- _____
- _____
- _____

Attuned or Misattuned? Working with Triggers & Temperaments

Being **conscious (aware)** of the Brain States in adults & children.



Uploading Calm for Ourselves

Puts a pause between child's misbehavior and our response



- In a **Survival State**: Be a S.T.A.R. by taking three deep belly breaths
- In an **Emotional State**: "I'm safe, keep breathing, I can handle this."
- In an **Executive State**: Wish Well, reframe as an Oops!, activate the Q.T.I.P. perception and Problem Solve

Downloading Calm to Children

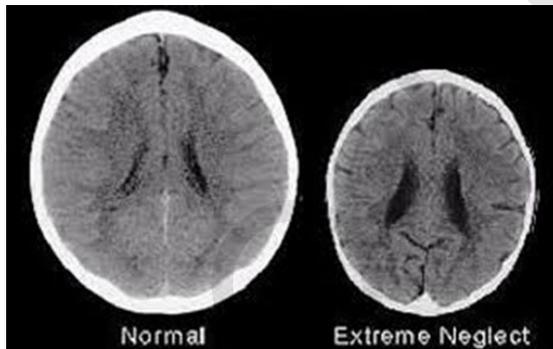
1. Upload calm into your body
2. Mirror and notice the child's body language.
 - "Your feet/body/face are going like this..."
3. When the child makes eye contact, take a S.T.A.R. breath
4. Offer the child choices or provide specific instructions



Stress & the Brain



Long-Term Stress



Trauma, Brain & Relationships: Helping Children Heal



Classroom Strategies

- Brain Smart Start Routine (Morning Meeting)
 1. Unite
 2. Disengage Stress
 3. Connect
 4. Commit
- Safekeeper Ritual
- Friends and Family Board/Book
- Safe Place



Safe Place Progression

Safe Place Progression



Safe Place Self-Regulation Learning Center

Are you ready to implement this structure?

Column A	Column B
We must teach children how to compose themselves and give them the opportunity to practice.	Children should abide by the rules and know how to compose themselves by now.
All children can learn this skill.	Some children are too young, old, lazy or manipulative to learn.
Children can remove themselves as needed and return to class successfully.	Children cannot be trusted to use (rather than abuse) the Safe Place.

5 Steps to Self-Regulation

(Teacher assists through process)

- Step 1: **I Am Upset:** signal for child to go to safe place
- Step 2: **I Calm:** child chooses 1 of 4 breathing strategies*
- Step 3: **I Feel:** child identifies feeling from poster
- Step 4: **I Choose:** child chooses books, lotion, dolls, drawing
- Step 5: **I Solve:** child and teacher work towards a solution

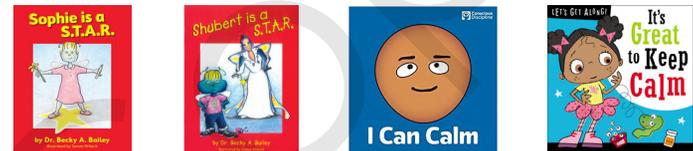
*Adult first uploads/downloads calm to child

Safe Place Materials

- Books (*Sophie is a Star*)
- Bean bag, pillows
- Breathing Icons/cubes, mats
- Sophie, Shubert, huggables
- Photos of families
- Photos of friendship
- Calming Cream
- Magic Mist



Suggested Books



Read-alouds on our YouTube channel!

Skill of Composure Resource Page

Skill of Composure
Resource Page 1 of 2

Books
Click on a picture on the left to open a video read aloud.

Routines, Rituals & Structures
Click on a picture on the left to open a video, activity, or discussion.

Songs
Click on the underlined text to open a song video or printable PDF.

<https://www.calmhcc.org/websites-other-resources>

Family Connection

- Send home a note about **S.T.A.R. breathing** to familiarize families with this concept and ask them to practice with their children.
- Also, explain the purpose of the **SAFE PLACE** and invite families to see it in your classroom.

Composure Summary

Composure	Gives you access to the higher centers of your brain
Power	Perception: No one can make you angry without your permission. You have a choice to pause, take a breath and respond instead of react.
The School Family Tool Box	<ul style="list-style-type: none"> • Brain Smart Start Routine • Safekeeper Ritual • Safe Place • Friends and Family Board
Strategies	<ul style="list-style-type: none"> • STAR, breathing • "I'm safe. Keep breathing. I can handle this." • Demonstrate: "Your face is going like this..."

7 Powers & Skills of Conscious Discipline®

Power	Skill	Strategy
Perception	Composure	Safe Place
Attention	Assertiveness	
Unity	Encouragement	
Free Will	Choices	
Love	Positive Intent	
Acceptance	Empathy	
Intention	Consequences	

Safe Place

Where is your Safe Place?



Safe Place & Self Care

Self-care is giving the world the best of you, instead of what's left of you.

Katie Reed

Taking care of yourself is the most powerful way to begin to take care of others

Bryant H McGill
PICTUREQUOTES.COM

*We are not the Survival of the Fittest,
We are the Survival of the Nurtured*

~ LOUIS COZOLINO

RAIN

- **R**ecognize
- **A**llow
- **I**nvestigate
- **N**urture



*From Tara Brach's book on Radical Compassion (2019)

Homework Power of Perception Reflection

- Know your TRIGGERS
- Practice uploading CALM
- Download CALM to children
- Practice being the change you want to see...
- Take notes and share for next time. Remember – it's a practice.

You only have to **be willing.** 😊

Don't let
the behaviour
of others
destroy
your inner
peace.

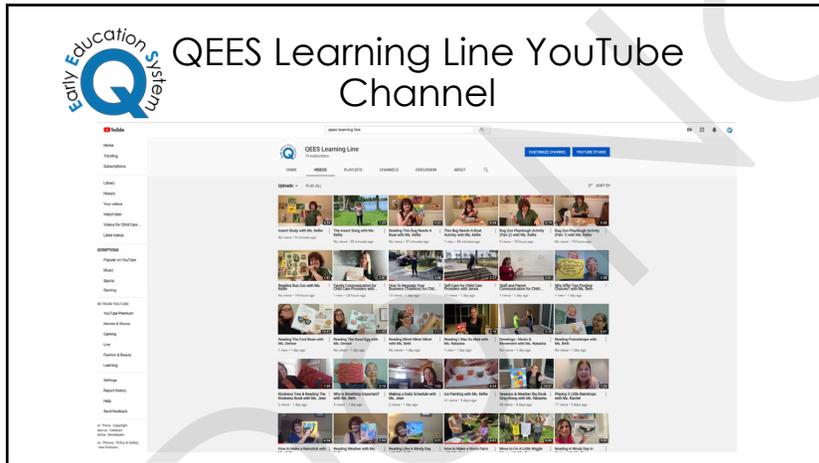
@footprintintoof.indones





- [QEES Learning Line](#)
 - Call the hotline! **813-259-6415**
- [CALM Learning Line Resources](#)
- [ELM Learning Line Resources](#)
- [YouTube Channel!](#)

We're here for you.



- ### End of Session – Instructions
1. Complete the session evaluation that will pop up after the webinar
 - A follow up email will also contain the link to the evaluation and post-assessment
 2. Check for a follow up email from **Laura** (in one hour) regarding the post-assessment
 3. After submitting the post-assessment on Survey Monkey, you will receive an email with your session certificate
 - Certificates can take up to a week to be sent out

End of Session Info

- Post-Assessment & Evaluations
 - Post-Assessment link
<https://www.surveymonkey.com/r/C3VVRJ6>
- Register for the next workshop: **February 6th**
- Website
 - Register
www.calmhcc.org/register
 - Teacher Portal
www.calmhcc.org/calm-teacher-portal
 - Resource Center Password
Password: [CalmHCC](#)



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