Conscious Discipline

Our Lower School classrooms have adopted a classroom management program called Conscious Discipline. This program is based on current brain research, child development information and effective educational practices.

Conscious Discipline uses everyday life events to teach self-control, conflict resolution, character development and social skills. Conscious Discipline empowers both children and adults to respond, rather than react, to life events.

There are 7 basic skills in Conscious Discipline, and we will be focusing on a skill monthly as a theme, to assist with learning and application.

- **Composure** – October
- **Encouragement** – November/December
- **Assertiveness** – January
- **Choices** – February
- **Positive Intent** – March
- **Empathy** – April
- **Consequences** – May

This month, the skill is **Composure**: The willingness to change your own internal state from upset to calm. Composure is self-control in action. It is the prerequisite skill adults need to discipline children. The skill of Composure requires that we control our own upset and establish a relationship with our own thoughts and feelings. To teach our children self-control, we must be disciplined ourselves and model how we want them to respond to upsetting events.

As a part of learning this skill, our students are taught the icon of **STAR**: Stop, Take a deep breath, And Relax. Students are also encouraged to utilize the Safe Place in the classroom when they are upset, to practice “being a STAR,” and rejoin the class when they are calm and ready to learn. Students are also taught calming and relaxation techniques. Draining, Ballooning and Pretzel are techniques that are taught to assist students in relaxing their breathing, bodies and minds so they can respond to upsetting moments more effectively.