Conscious Discipline around HBHA K-5 Classrooms

Let’s take a moment to celebrate the amazing implementation of Conscious Discipline in and around HBHA K-5 classrooms! Smile, Take a Breathe, And Relax, but also celebrate the wonderful work you are doing with the children by fully implementing this program K-5. There is a sense of calm, community, and positive intent pulsing through the classrooms and hallways.

Brain Smart Start + Well Wishes

Action: 3 deep breaths while creating friction between palms; Teacher: “It is my job to keep you safe.” Students: “It is our job to make it safe.” Teacher: “Let’s take a moment to wish well those who are absent and those in our lives and around the world in need.”

This is how fifth grade begins each morning. Stop in after prayers if you are interested in seeing it in action. It is an activity that centers the children, acknowledges those who are absent, wishes well those in the world who need well wishing, and prepares the students [and their teacher] for their day.
Leah greeting her morning group in Hebrew. She makes eye contact, shakes their hand, and encourages a response in Hebrew. This gesture builds a sense of community and teaches the skill of polite greeting. Conscious discipline encourages making consistent positive eye contact throughout the day.
Classroom Implementation and Décor

Here are few examples of the way classroom jobs are displayed!
Positive Intent, Kindness, and Well Wishes

This bulletin board shows a commitment to acknowledging the blessing in the lives of these children.

I'm thankful for my family, dogs, cats, school, home, and my loved ones.

Eveleth is wonderful and great! I love the teachers. Second grade is the best!
This white board allows students and teachers to write down people who they wish well.

**Noticing Kindness and Helpful Behavior**
These students used a picture book read aloud by the teacher to identify and understand helpful and not helpful behaviors. Together the class made a list and then a bulletin board to remind them.

These two containers of stars encourage students to see the helpful things their classmates are doing. When a helpful action is observed, a star from the blue cup is moved into the green star container. On this day, I observed a student assisting others in getting a reference book, the student who was handed a book simply reached down and moved a star into the green star container.
Did you know that each individual carries an invisible bucket? This bucket is filled when people do kind and helpful actions. This display encourages students to fill each other’s buckets with kindness and helpful actions.