

We are a Conscious Discipline classroom. Your child will learn the seven powers and seven skills of Conscious Discipline. The seven powers and accompanying skills are:

1. Power of Perceptions: No one can make me angry without my permission. Skill: Composure
2. Power of Unity: We're all in this together. Skill: Encouragement
3. Power of Attention: What you focus on you get more of. Skill: Assertiveness
4. Power of Free Will: The only person you can make change is yourself. Skill: Choices
5. Power of Acceptance: The moment is as it is. Skill: Empathy
6. Power of Love: See the best in others. Skill: Positive Intent
7. Power of Intention: Mistakes are opportunities to learn. Skill: Consequences

Conscious Discipline is incorporated throughout our day. The following Conscious Discipline structures are used daily in our classroom: greetings, I love you rituals, brain smart start, commitments, safe keeper ritual, safe place, problem-solving, breathing techniques, jobs, recording kindness, baby doll circle time, and many more!

We will periodically share information with you about what we are learning through Conscious Discipline and ways you can use Conscious Discipline at home.