

School to Heart to Home

Conscious Discipline Parent Workshop Series



The 7 Powers of Conscious Adults

1. Composure
2. Assertiveness
3. Encouragement
4. Choices
5. Empathy
6. Positive Intent
7. Consequences

Quick Review...

Survival State--Safety--Composure, Assertiveness

Emotional State--Connection--**Encouragement**, Choices,
Empathy

Executive State--Problem solving--Positive Intent,
Consequences

What are the learning targets...

- **Identify ways to shift from a culture of “us” and “them” to a culture of “we” with unity as its goal.**
- **Recognize how being of service can function as a powerful replacement for external rewards.**
- **Practice the language of encouragement to highlight acceptance and unconditional love.**



The Power of Unity

We are all in this together.
The motivation to behave
comes from being in
relationship with one
another.

Humans are wired to connect.

Children naturally view service in a positive way-
video clip 5:57

The mantra of our family is “It is my job to keep
you safe, and your job to help keep us safe.”

The goal in our family is for each person to know
and understand it is their job to help the whole
group.

What is the skill of Encouragement?

- Encouragement is about noticing, accepting, and connecting with children.
- The goal is to create a felt sense of safety and belonging for all.
- Relationships are the motivation for and cradle of all learning.

Noticing as a tool for Encouragement

- 1) Noticing helps to encourage children in a way that makes their accomplishment their own rather than making it.
- 2) Provides a play by play description of the action.
- 3) Asks us to add language to nonverbal behaviors.

Judging (My evaluation of you)	Noticing
“Good job, Erica!”	“Erica, you put your toys in the bins and your clothes in the drawers. You’ve cleaned your room so you can find things when you want them!”
“You are such a good boy.”	“You showed Cody how to butter his bread without tearing it. That was helpful.
“That was a great slide!”	“You did it! You came down the slide feet first and landed right in my arms.

Noticing Activity

Looking at the following photos, practice noticing not judging.











Encourage children when they make poor choices by saying:

You almost did it. You just need a little more practice. •

I'm confident you can think of another way to solve your problem.

You'll figure out a helpful way. You can do it.

Keep breathing. You can handle this

The Skill of Encouragement

There are three structures that help us implement the Skill of Encouragement.

- Kindness Tree
- Meaningful Jobs
- Ways to be Helpful

Kindness Tree

- Create a Kindness Tree using paint or wall decals, or by drawing a tree trunk on a piece of card stock.
- Honor kind and helpful acts by putting sticky notes or hearts on the tree.
- Discuss and celebrate some of these acts during family dinners.

Have **YOU** filled a bucket today?





Kindness Jar

- Write the person's name and the helpful act on a slip of paper.
- Store these notes in a child-decorated Kindness Jar and read them at a set time daily or weekly, perhaps during dinner or as part of a family-wide bedtime ritual.

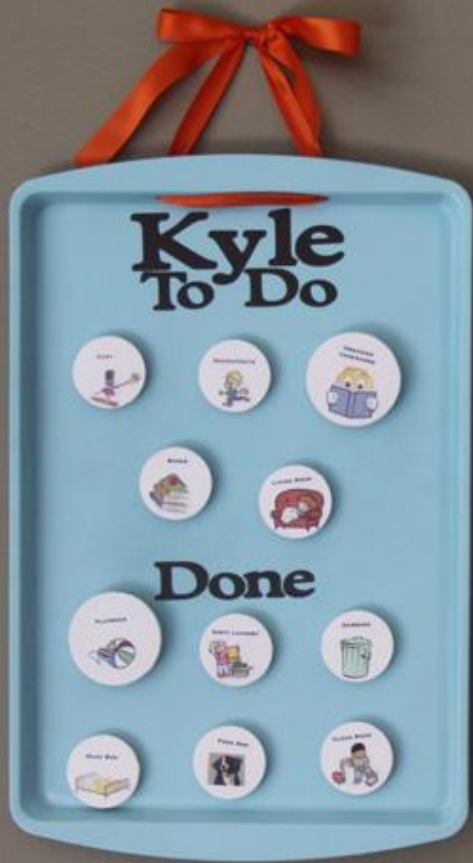


Ways to Be Helpful

- Help children reap the brain-building, feel-good benefits of contributing to the family
- Assertive Voice
- Allowance and Chores (Extrinsic) vs. Jobs and Helpfulness (Intrinsic)
- Are you being helpful for approval and rewards or to help the family unit?

Meaningful Jobs

- Jobs encourage self-worth, responsibility and unity.
- Create a visual such as a board, book or checklist to show the many jobs that are required to keep the household running smoothly, like trash collection, table setting, cooking, picking up toys, and sorting laundry.
- Encourage children to select jobs they are willing to be responsible for doing.
- The purpose of these jobs is to be of service to the family, not to earn an allowance.



Commitment for Parents

- ❑ Encourage through noticing
- ❑ Consciously notice helpful acts
- ❑ Encourage children when they make poor choices (“You almost did it. Try again. You can do it”)
- ❑ Begin family jobs
- ❑ Begin kindness jar, tree or conversations

Wrap Up:

With an elbow partner share:

- 1) The things you learned...
- 2) What ways were you personally impacted...
- 3) What will I try at home...

Remember:

What I encourage in others, I strengthen in myself