

# Conscious Discipline



By: Jackie Gore

# 3 Basic Principles

- The only person you can change is yourself
- Relationships govern behavior and create willingness
- Conflict is an opportunity to teach and connect

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- A close-up photograph of several hands of different skin tones (light, medium, and dark brown) stacked on top of each other. The hands are positioned with fingers spread, creating a sense of unity and support. The background is plain white.
- Making a child feel bad doesn't make them act good -- or any better
  - You can't take things away without building resentment
  - Heavy-handed parents and teachers don't teach children self-control

# Control vs. Connection Theory

- Every individual needs to feel safe and to feel connected
- Without these 2 things, students wouldn't be an avid learner and won't be able to define the line between good/bad, right/wrong
- Need conflict to show what works and how to problem solve



# Types of Tattling

- Intrusive: “He hit me”
  - “Did you like it?”
- Rule-following: “He isn’t sharing”
  - “Are you trying to be helpful or hurtful? How is you telling being helpful?”
- Safety: “He’s playing with scissors”
  - “I’ll take care of it.”







- **We can't change a person who says bad things, but we can change our reactions.**
  - **CPA: resolves conflict with a child**
  - **C: Communicate clearly**
  - **P: Provide choices**
  - **A: Acknowledge with empathy**
  - **Mistakes are rarely intentional, so this seeks solutions; not blame for situations.**

A photograph of three children outdoors. On the left, a boy in a green shirt looks towards the center. In the middle, a boy in a dark blue shirt is seen from the back, gesturing with his hands. On the right, another boy in a dark blue shirt is gesturing with his hands towards the boy in the middle. The background is a blurred green field.

# Bullies

- “A child’s reality is said to begin with pain.”
- S.A.F.E. :
  - S: Something happened
  - A: Assure your help
  - F: Facilitate Discussion
  - E: Explore solutions
- Part of pop-up conflict between bullies and victims and offers advice for parents and teachers to help children work out problems more maturely.

\* I-Messages\*