



ConsciousDiscipline®

**Conscious Discipline®
Administrative / School-Wide
Implementation Plan**

These guides are just the beginning of your journey with Conscious Discipline. For more in-depth training and support call 800.842.2846 or learn more at [ConsciousDiscipline.com](https://www.consciousdiscipline.com).

[ConsciousDiscipline.com](https://www.consciousdiscipline.com)

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Conscious Discipline Implementation Plan

Personal Plan

- What three things generated a personal “AHA” for you this week?

1. _____

2. _____

3. _____

- How will you expand on this personal interest to begin your implementation process?

- What two rituals seemed the most meaningful for you during the week?

1. _____

2. _____

- What activities/songs/games did you find really helpful?

1. _____

2. _____

- Did you enjoy the Brain Smart Start routine? _____

- Did the Safekeeper ritual provide you focus? _____

- Did your daily commitments offer you success and focus? _____

- Did you enjoy your job? Did you benefit from the jobs of others? _____

- What inner speech are you willing to change?

I'm safe. Keep breathing. I can handle this.

You can do it. You can do this!

What are my two choices? Think of two choices and just get started.

Are these thoughts helpful or hurtful?

I feel angry, sad or disappointed. Breathe. I can handle this.

I wish you well.

What am I willing to do differently?



Essential Beginnings

1. Start your personal “Be a S.T.A.R.” program, then start with faculty, staff and students

- Find your personal internal Safe Place then create one for your classroom, school, home or office.
- Take back your power. Shift from “make me, please me” language to “I’m going to ____.” Once you empower yourself, you will then be able to empower your children.
- Consciously be aware of your buttons. Say to yourself, “I’m safe, I can handle this. Keep breathing.” Once you are conscious of your buttons, help children be conscious of theirs.
- Structure: Safe Place

2. Start your personal Wish Well Program

- Create a wish well ritual in your classroom, school or home.
- Let go of judging yourself and others and begin wishing others well. Then teach this to children.
- “Careem is having a hard time sounding out his words. Let’s wish him well.”
- Structure: Wish Well tray, box

3. Start the day the Brain Smart® way

- Teach some activities to unite.
- Teach some activities to connect.
- Teach some activities to disengage the stress response (S.T.A.R., drain, pretzel, balloon, cross crawl).
- Teach commitments. Start with class agreements and move to individual.

4. Create a “Safety” job description

- My job is to keep you safe. Your job is to help keep it safe.
- Create a Safekeeper ritual.
- Walk in the classroom so everyone is safe.
- Line up and check to make sure you have enough room and everyone is safe.
- Are you being safe? What could you do now that would be helpful?

5. Create a School Family™

- Name your School Family.
- School Family song, motto, mission statement, flag.

6. See misbehavior as a call for help

- The moment is as it is.
- The only person you can make change is yourself.
- Attribute positive intent.





Routines: What Visuals are Needed?

Explore the following procedures and discuss how you could add Conscious Discipline elements to each.

Before School

- Where do children gather? Is it a huge herd of children? What state of the brain do children leave that area in before heading to classrooms?

Lunch Room

- Are the lunchroom assistants educated about Conscious Discipline? What skills are used to transition students? What skills are used to compose students?

Playground

- Are the playground assistants educated about Conscious Discipline? What state are the children in when they stop playing and get in line? What skills are used to transition children back into a learning mode?

Bathroom

- What is posted in the bathroom to communicate the expected behavior in the bathroom? What do students do while waiting for their turn to go into the bathroom?



Dismissal

- Where are children as they wait for their bus/car ride? How are children put on buses? What is the last thing that is said to a child before leaving?

My Plan for My School / Agency

Before School

Lunchroom

Playground



Bathroom

Dismissal

Brain Smart Start

- How would/could you start your faculty meeting with the Brain Smart Start?

- How would/could you start the entire school year off with a Brain Smart Start?

- How will you unite your faculty?

Mission Statement: _____

Safekeeper Ritual: _____



- How will you help your faculty disengage stress?

- How will you have your staff and faculty constantly commit?

- How could you start School Family assemblies using the Brain Smart Start as a model?

Uniting Song: _____

Disengage Stress Throughout: _____

Connection Song: _____

Conscious Discipline Lesson: _____

Birthday Celebrations: _____

New Student Celebrations: _____

Celebrations from Students: _____

Commitment at the End: _____



Rituals to Create

- Beginning of the Year rituals
- Safekeeper ritual
- Holiday rituals
- New Staff rituals
- End of Year rituals
- Retiring Teacher rituals
- Birthday rituals
- Celebration rituals





Problem-Solving

Skills

Skills	Supplies Necessary	Month to Implement
Safekeeper: Notice instead of judge.		
Composure: Be a S.T.A.R. program • Active calming • Downloading		
Encouragement: Wish Well program • Absent child • Upsetting events • Difficult child		
Encouragement: Good for you. You did it. You _____. (Instead of good job.) You _____ so _____. That was helpful. (Instead of thank you or I like the way _____.)		
Choices: You have a choice. You can _____ or _____. What is your choice?		
Assertiveness: Did you like it? (Natural consequences.)		
Positive Intent: You wanted _____. You were hoping _____. (Instead of why, what, who?)		
Empathy: Your face went like this. You seem _____.		
Consequences: If you _____ then _____. (Logical consequences.) • Problem-solving, class meetings		



School-Wide Structures

Safe Place

- Donated glider rocker from local furniture store for breakroom.

We Care

- Donated cards from the Hallmark store in basket in breakroom or by mailboxes.

Friends and Family Board

- Staff's high school senior picture/baby picture on bulletin board.

Jobs

- Clusters of three or four people perform each job:
 - Dish Washer: Washes all left over dishes.
 - Kindness Recorder: During faculty meeting.
 - Waitress: Brings snacks for meetings.
 - Event Planner

Celebrations

- When a staff member has a graduation, baby or exciting news they would like to share bring out the crazy hat as the signal it is "Celebration Time".

Wish Well Board

- Have an area where people can post loved ones and friends that would benefit from our wish wells.

Community News

- Establish a place where you can post bargains, events, etc.



Building Level Checklist

- Attend Conscious Discipline® Summer Institute (CD1).
- All staff (certified and non-certified) have a basic understanding of the Conscious Discipline Brain State Model.
- Administrator has an eight month plan to introduce the seven powers during faculty/staff meetings by doing a five minute teach piece about each power.
September: Perception
November: Attention
February: Love
April: Intention
October: Unity
January: Free Will
March: Acceptance
May: Reflection
- The Administrator has identified a structure and ritual that will be introduced by a team or a staff member at each faculty meeting.
September: _____ Name: _____ October: _____ Name: _____
November: _____ Name: _____ January: _____ Name: _____
February: _____ Name: _____ March: _____ Name: _____
April: _____ Name: _____ May: _____ Name: _____
- The Administrator has notified the team/ind. that will introduce the structure and ritual.
- The Administrator has adopted the new Conscious Discipline Behavioral Contract Teacher Worksheet to use with repeat discipline problems.
- The Administrator has equipped the office with a Safe Place and the tools necessary to calm an upset child.
- The Counselor has implemented the structures and rituals in the staff break room as they are being introduced at the monthly staff meeting.
- The administrative team has educated the staff about the School Family™ Assembly.
- The staff is willing and interested in implementing the School Family™ Assembly.
- Grade level teams are asked to discuss and reflect about the monthly power and structure during the planning time (collaborative teaming) each week.
- The Administrator is communicating with the parents through a monthly newsletter. Educating the parents about the power and structure that is being implemented in their child's classroom.
- An optional book club using the "Creating the School Family" book is offered to the staff once a month.



Three Year Plan

Year One: Adding

Year One is an “add on” year. Add on to what you are currently doing slowly. Do not attempt to change everything. Here is a reasonable list of what you could expect faculty and staff to add on:

Routines

- Brain Smart Start
- Daily Schedule in Pictures
- One Routine Book

Structures

- Safe Place
- Job Board
- Ways to be Helpful
- Picture Rule Cards
- Friends and Family Board

Rituals

- Safekeeper
- Wish Well
- Greeting
- Absent Child

Languages

- Assertiveness: “I’m going to ____.” “Did you like it?”

Noticing

- “You did it! You ____ so _____. That was helpful.”
- Two positive choices

Year Two: Letting Go

During Year One, you might have noticed that some teachers’ old practices simply died a natural death. During Year Two, you will now start thinking about what you consciously want to let go of. Do you need both a Safe Place and a time out? Do you need a School Family and a reward box? Here is a reasonable list of what you could expect your faculty to implement in Year Two:



Routines

- More Routine Books (Make these more visual, more systematically taught, more controlled by the children.)

Structures

- Time Machine
- We Care Center
- Celebration Center

Rituals

- New Child
- Leaving Child
- Testing

Language

- Positive Intent: "You wanted _____."
- Empathy: "You seem _____."
- Class Meetings: "I noticed _____."

Literacy

- Suggested beginnings for class-made books:

- Friends and Family Book
- What Bugs Me Book
- How I Turn Bug Crazy Mad Into Caterpillar
Calm Book
- Ways To Be Helpful Book
- S.T.A.R. Book
I'm going to Smile
I'm going to Take a deep breath
And I'm going to hold it
I'm going to breathe out slowly
And Relax
- Safe Place Book
What choices you have in the Safe Place.

- Daily Schedule Book
- Picture Rules Book
- What I Learned This Year Book
- Job Descriptions Book
- Routine Books
Entering the room, naptime, lunch, etc.
- I Use My BIG Voice Book
I use my Big voice when _____
And I say _____
- Our School Family™ Treasures Book
_____ is a treasure.
We will keep him/her safe.

Year Three: Integration

During Year Three, you will be more comfortable with shared control and personal empowerment. This is a year to focus on integrating Conscious Discipline into your entire curriculum. Weave it in with literacy, science, math, etc. It can become a living way of life, adding meaning to academics. You will be more comfortable with the structures and the rituals, so focus more on problem-solving.



Optional Ways to Enhance Conscious Discipline

Other options to enhance your experience as you implement Conscious Discipline:

Coaching

Off-site: Telephone or Skype (up to five people)
On-site: Modeling the Skills of Conscious Discipline with teachers and children in the classroom

Professional Development On-Site

Going deeper with Conscious Discipline on-site with your faculty and staff. See the three-year plan or our associates are available for one, two, three or four days of Conscious Discipline training.

Strategic Planning Session(s) with Administration

A Loving Guidance Associate plans a strategy to implement Conscious Discipline at your site. Available on-site, via Skype or Telephone

Parent Night

Involve the parents in your school and community in this unique two-hour experience

For additional information contact us at:
1.800.842.2846 x 204



Three Year Plan:

To make lasting change in your school and community

Road to change: Research shows the road to change is constant and consistent practice of Conscious Discipline skills and structures. If you're ready to make lasting change, here's your road map!

Year One Commitment

Summer Institute

Decision Maker (i.e., Principal), one dedicated primary level educator (K-2nd), and one dedicated intermediate level educator (3rd-5th) will attend the Conscious Discipline Summer Institute (CD1)* in Orlando, FL. These classrooms become pilot classrooms for visits by other teachers/staff at the school as well as the "hub" for a monthly book study.

On-Site Training

The entire staff will train with one of our talented Loving Guidance Associates, hand-picked by Dr. Bailey.

- Two-day intensive training (during Preplanning)
- Two-day coaching (Fall) and two-hour parent night
- One-day intensive training (Spring)
- One-day administrative coaching and follow-up session

Supplemental Coaching and Materials

- Ten (10) one-hour off-site administrative coaching sessions (Skype or telephone)
- One (1) Giftkit for school site that includes one of every product from Conscious Discipline, including the intensive Conscious Discipline Live DVD set and other training materials featuring Dr. Becky Bailey
- One (1) Creating the School Family book for each employee
- One (1) Conscious Discipline book for each employee
- One (1) Skills on a String for each employee
- Up to 20% discount on additional products and materials purchased through Loving Guidance which includes free shipping and only a \$6 handling fee for orders placed up to twice a year by the school. (Must be bundled together, no individual orders.)

Optional Opportunities for Fast Tracking Your Faculty/Staff

Master CIs (Certified Instructors) are available for monthly meetings. Costs vary and are in addition to the one year all-inclusive cost listed below.

* The cost of tuition to the Summer Institute for three is included, however, room, travel and most meals during the Institute are not included. Research indicates those who attend our seven-day Summer Institute implement the skills and structures of Conscious Discipline with high fidelity and enthusiasm.

** If you need a customized plan for your school, our talented team will assist you in making it happen. Call 1.800.842.2846 x 204.



Year Two Commitment

Summer Institute

Select ten of your most enthusiastic teachers from a variety of grade levels. These educators will attend the Conscious Discipline Summer Institute (CDI)* in Orlando, FL. These classrooms become pilot classrooms for visits by other teachers/staff at the school.

On-Site Training

The entire staff will train with one of our talented Loving Guidance Associates, hand-picked by Dr. Bailey.

- One-day intensive training (during Preplanning)
- One-day coaching (Fall)
- One-day intensive training (Spring)
- One-day administrative coaching and follow-up

Supplemental Coaching and Materials

- Ten (10) one-hour off-site coaching sessions (Skype or telephone) with up to ten (10) faculty and staff members per session
- One (1) kit for any employee new to the school, containing a Creating the School Family book, a Conscious Discipline book and a Skills on a String
- One (1) Product Update Kit that includes one of each new Conscious Discipline product for each teacher (when applicable)
- Up to 20% discount on additional products and materials purchased through Loving Guidance which includes free shipping and only a \$6 handling fee for orders placed up to twice a year by the school

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