

The Hidden Powers of Play

Presented by Dr. Becky Bailey

Conscious Discipline®

Conscious Discipline® is an emotional intelligence program consisting of Brain Smart® strategies for responding rather than reacting to life events. Through responding, conflict moments are transformed into cooperative learning opportunities.

Conscious Discipline® is a research-based program proven to:

- Increase academic achievement
- Decrease problem behaviors
- Improve the quality of relationships: student to student, teacher to student, parent to child, teacher to parent, and coworker to coworker

Visit us at Booth #232
Friday Only 10:00am - 6:00pm

The Hidden Powers of Play
 Dr. Becky Bailey

Booth 232

Part of
Conscious Discipline

It's BrainSmart Time

It's brain smart time
 hands to the left
 It's brain smart time, hands to the right
 It's brain smart time, hands up high
 It's brain smart time, hands down low
 Follow me!
 Wave your hands left and right,
 left and right, left and right
 Move your hands up and down, up and down,
 up and down



Started this way because . . .

- ♥Goes well with coffee
- ♥Connected us
 - ★Connections on the outside create neural connections on the inside
- ♥Connections provide
 - ★Impulse control
 - ★Cooperation follows connection
- ♥Did a little dance together



Connections on the outside create neural connections on the inside





Connection wires the brain for impulse control and willingness




Itty Bitty Impulse Control Issues



 Connection =
Eye contact, touch, presence, playful




The need for connection never changes

 Our Most Challenging Children

♥ Have trouble with . . .

- ★ Eye contact
- ★ Touch
- ★ Presence
- ★ Playful situations



 Higher Centers = RESPOND

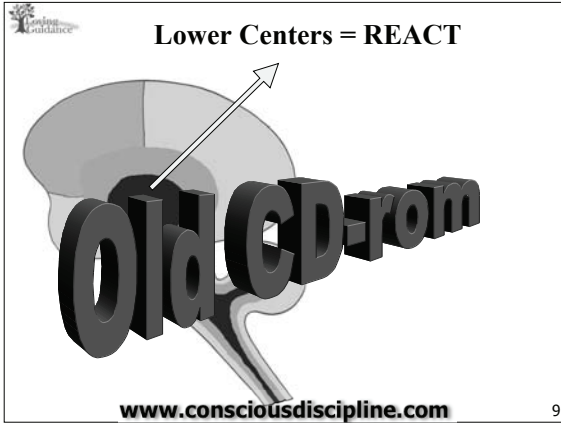


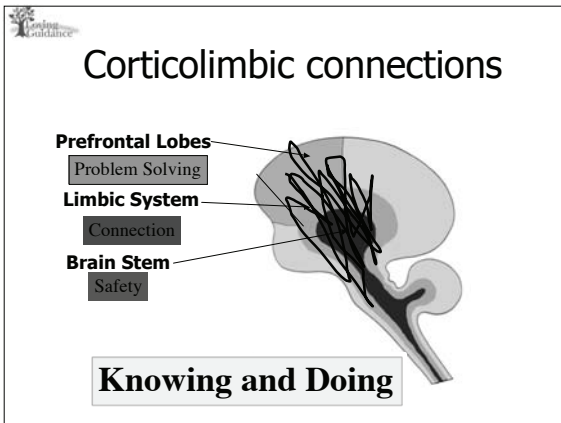
Frontal Lobes

Brilliant

www.consciousdiscipline.com

8





Amygdala	Orbital Frontal
♥ Danger- threat- react	♥ Appraise situation
♥ Learn from doing	♥ Learn from mistakes
♥ No empathy - ME	♥ Empathy - WE
♥ Overwhelmed -no focus	♥ Mediates stress -focus
♥ Promotes aggression	♥ Regulates aggression
♥ Stimulates intense emotions	♥ Regulates intense emotions
♥ Reacts to angry faces	♥ Responds to angry faces



Building Roads

Relationship skill blueprints

- ♥ Build roads through dance of attunement
 - ★ Social game play
- ♥ Strengthen roads
 - ★ Empathy





Dr. Sergio Pellis

Neuroscientist University of Lethbridge Alberta Canada

Play deprived children have less development
in their prefrontal lobes



Play disappears under stress





Three Nice Mice

Three nice mice, Three nice mice
See how they care, see how they care
They hold both hands and give a shake
Smiling together good friends they make
Then turning around for goodness sake
Three nice mice, Three nice mice



 **Three Nice Mice** 

Three nice mice, Three nice mice
 See how they care, see how they care
 They hold both hands and give a shake
 Smiling together good friends they make
 Then turning around for goodness sake
 Three nice mice, Three nice mice


 Three nice mice 

 **Every Child must DANCE**



 **Every Child Must Dance**

- ♥ Positive Dance = Positive attention and positive initiations
- ♥ Negative Dance = Negative attention and negative initiations





Foundation of Positive Dance

- ♥ Eye contact
- ♥ Touch
- ♥ Presence
- ♥ Playful situation
- ♥ Adding language to non-verbal actions of the child
 - ★ Your foot is going like this.
 - ★ Your face is going like this.
 - ★ You wanted _____





Foundation of Negative Dance Pushing Buttons

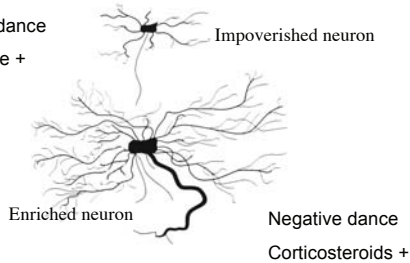
1. Guilt hot spots - not good enough
2. Wounds from childhood
3. Removes you from the present to an internal battle






Each dance creates a different Biochemistry

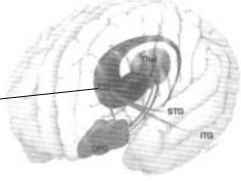
Positive dance
Dopamine +




Negative dance
Corticosteroids +


 **Encouragement**

- ♥Step 1: Stop negative dancing -composure
- ♥Step 2: Create a positive dance- School family

Orbital Frontal Loop 

 **Composure**


- ♥Step 1: Stop negative dancing



 **S** MILE

T AKE A BREATH

A ND

R ELAX 

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Attempting to smile begins to change your inner state





Happy Face Advantage



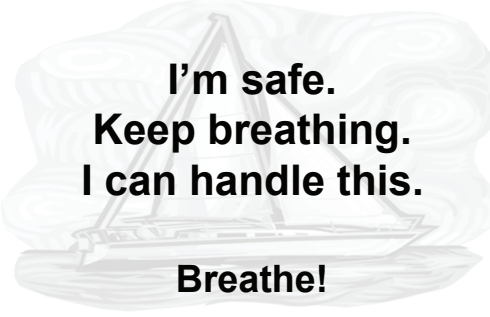


Mirror Neurons

♥Mirror neurons ensure that the moment someone sees an emotion on your face, they will at once sense that same feeling within themselves

"Daniel Stern"


AFFIRM




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

Breathe!


3 I love you rituals




Wonderful woman



Peter, Peter




Here's the bunny




Twinkle twinkle

Wonderful Woman



A wonderful woman who lived in a shoe
 She had so many children
 She knew exactly what to do
 She held them
 She rocked them
 She tucked them in bed
 "I love you, I love you,"
 Is what she said



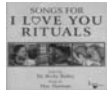
Wonderful woman

Peter Peter Pumpkin Eater



Peter Peter Pumpkin Eater
Had a friend he loved to greet
Treated her (him) with kind respect
And in the morning hugged her (his) neck
(Repeat)

Peter Peter Pumpkin Eater



Peter Peter Pumpkin Eater
Had a friend he loved to greet
Treated her (him) with kind respect
And in the morning hugged her (his) neck
(Repeat)



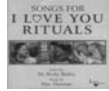
Here's the Bunny



Here's the bunny with ears so funny
Here's the hole in the ground
When a noise she hears
She picks up her ears
And jumps in the hole in the ground
(Repeat)



Here's the Bunny



Here's the bunny with ears so funny
Here's the hole in the ground
When a noise she hears
She picks up her ears
And jumps in the hole in the ground
(Repeat)





Twinkle, Twinkle Little Star
from Dr. Becky Bailey's
"I Love You Rituals"



Twinkle, Twinkle Little Star



Rituals
Creating a Caring Culture

- ♥Goal: Connection
- ♥Sacred spaces designated for togetherness and unity
- ♥Soothe lower centers of brain
- ♥Support corticolimbic connections
- ♥The heart of the school family and the glue that holds it together

Greetings

Greeting aprons

Floor Mat

Posted on Door

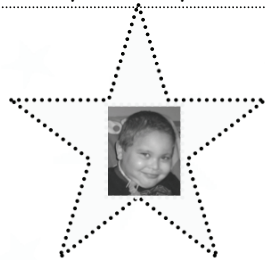


Relationship Repair





Twinkle, twinkle, little star.



What a wonderful child you are.



With big brown eyes





and nice round cheeks.



 A wonderful child
from head

to feet.


 Twinkle, twinkle, little star.

What a wonderful child you are.

 I love you ritual program

- ♥Purpose = build bonds
- ♥Time = 3 times a day (1 minute/session)
- ♥Name = Our time together
- ♥Place = Same place daily
- ♥Length = cooperative delight
- ♥Progress = 4 -6 weeks
- ♥“Here is our game for today”
