



A Brain Smart Culture of Caring



Building the School Family
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



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left and right, left and right
Move your hands up and down, up and down,
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It's Brainsmart Time



It's brain smart time,
touch elbow to elbow
It's brains smart time, touch thumb to thumb
It's brains smart time, touch knee to knee
It's brain smart time, touch toe to toe
WORK TOGETHER
Touch elbows with a friend
Touch thumbs with a friend
Touch knees with a friend
Touch toes with a friend



It's Brainsmart Time



It's brain smart time, hop on one foot
It's brain smart time, hop on the other foot
It's brain smart time, jump up and down
It's brain smart time, jump all around
Follow me!
Can you hop on one foot?
Can you hop on the other foot?
Can you jump up and down?
Can you jump all around?




It's Brainsmart Time



It's brain smart time, point to your brain
It's brain smart time, hands over heart
It's brain smart time, hands by your side
It's brain smart time, hands way up high
It's brain smart time, hands way down low
It's brain smart time, how low can you go?
It's brain smart time, Come on, wiggle something!
You did it! Now everybody sit Kris cross
applesauce, hands in your lap

Started this way

- ♥ Always start with music and movement
 - ★ The brain is pattern seeking
- ♥ Connected Us
 - ★ Connections on the outside create neural connections on the inside
- ♥ Ask us to point to our heart
 - ★ The brain is governed by the heart



The brain is governed by the heart

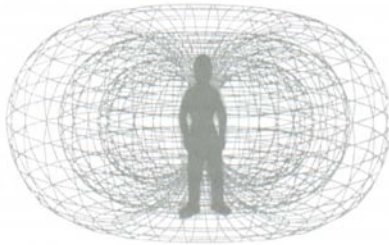
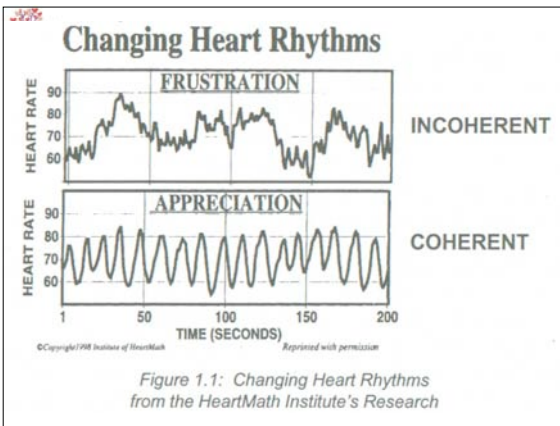



Figure 3. A computer projection of the heart's torus. Courtesy of HeartMath Institute.




The Power of a Coherent Heart

- ♥ My coherent heart can change your brain waves




Quickest Way to a Coherent Heart


- ♥ Be A S.T.A.R.
 - ★ Smile
 - ★ Take a deep Breath
 - ★ And
 - ★ Relax
- ♥ Wishing Well




S MILE
TAKE A BREATH
AND
RELAX




 *Journal of Personality and Social Psychology*
"Facial expressions affect Mood"
German Researchers: hold small pencil feel good




 **Happy Face Advantage**
 Wish well from your heart




 **Mirror Neurons**



ent
face,

 **Eye to Eye**
 Windows to the soul

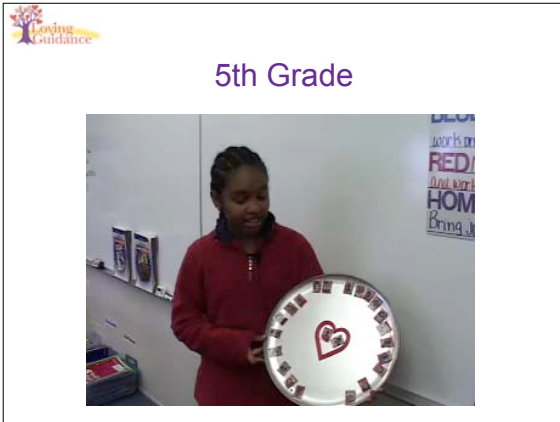
- ♥ When two people's eyes meet , they interlink orbitalfrontal areas of the prefrontal lobe. DOWNLOAD inner states into one another.
- ♥ The eyes contain nerve projections that lead directly to the key brain structure for empathy and matching emotions

 **Start Your Wish Well Program**

- ♥ A car just cut you off in traffic. What could you do that was helpful?
- ♥ A child just called you stupid butthead. What could you do that was helpful?
- ♥ Dylan is having a hard time reading the book. What could we do to help him?
- ♥ Isabella is feeling sad about her grandmother. What could we do to help her

 **Wish Well Board**





5th Grade

Side Effects of Wishing Well

- ♥ **Boost immune system**
 - ★ Lower stress hormones
 - ★ Increase levels of IgA (fights flu & colds)
- ♥ **Wishers High**
 - ★ Releases endorphins
 - ★ Increase sense of optimism
- ♥ **Frustration relief**
 - ★ Shift from fight or flight to higher centers of brain
 - ★ Allows us to feel connected instead of in opposition

We wish you well!

Dear _____ Date _____

Everyone misses you today, and we hope you are able to return to school soon. In order to help you stay on top of things, I am collecting all your assignments. They are as follows:

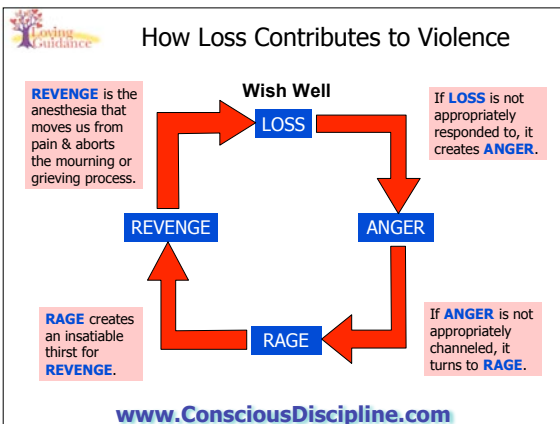
Spelling:
Journal:
Reading:
Writing:
Mrs. Goodman:
Social Studies:
Math:
Science:

Wishing you well,
Attendance Secretary

When to wish well

- ♥ Student is absent
- ♥ Worried about someone or something
- ♥ Having trouble with some academic assignment
- ♥ Having upset moments
- ♥ When talking about sad or upsetting event.

You will either wish well or judge



It Starts in the Heart

It starts in the heart
Way down in the soul
It starts in the heart
Brick by brick and stone by stone
We all find a way to build a wall
And all we get is more alone
Can you see the stones have got to fall



It Starts in the Heart



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It Starts in the Heart



We can let them stand, but then nobody wins
 We can work together, find somewhere to begin
 It starts in the heart
 Way down in the soul
 That's the only place the seeds of love can grow
 Then you realize that we're not that far apart
 We can build a bridge



It Starts in the Heart



It starts in the heart
 Way down in the soul
 It starts in the heart
 I look at you, you look at me
 Can you see that I am on your side
 And though we sometimes disagree
 We can find a way to make it by
 Though the road is long, and isn't always clear
 I know there's some way to get there from here



It Starts in the Heart



It starts in the heart
 Way down in the soul
 That's the only place the seeds of love can grow
 Then you realize that we're not that far apart
 We can build a bridge
 It starts in the heart
 (Repeat All)



Connections on the outside create neural connections on the inside



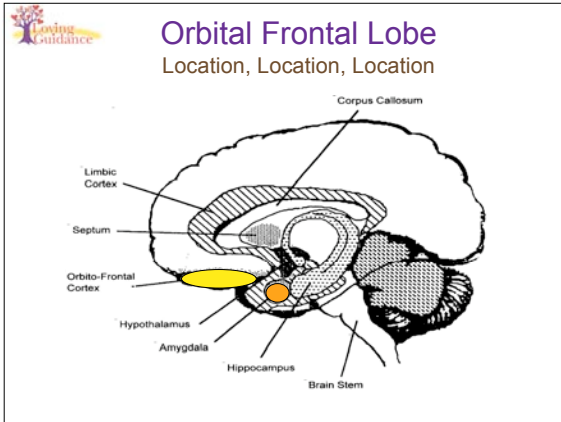
Connection wires the brain for impulse control and willingness



Connection= Eye contact, touch, presence, playful



The need for connection never changes



Orbital Frontal Lobe

Location, Location, Location

<h3>Amygdala</h3> <ul style="list-style-type: none"> ♥ Danger- threat- react ♥ Learn from doing ♥ No empathy - ME ♥ Overwhelmed -no focus ♥ Promotes aggression ♥ Stimulates intense emotions ♥ Reacts to angry faces 	<h3>Orbital Frontal</h3> <ul style="list-style-type: none"> ♥ Appraise situation ♥ Learn from mistakes ♥ Empathy - WE ♥ Mediates stress -focus ♥ Regulates aggression ♥ Regulates intense emotions ♥ Responds to angry faces
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Creating a Caring Culture

- ♥ Caring is a product of a community that
 - ★ Deems all of its members important
 - ★ Believes that everyone has something to contribute
 - ★ Creates environment whereby negative feedback is tolerated

Motivation

“Every culture has a motivational system within it. This system can foster or impede consciousness of self and others.”

Shift from focus on good and bad to focus on helpful or hurtful interactions

Shift from “What do I get if I am good?” to “How can I give of my goodness?”

The School Family™ is the motivation system for Conscious Discipline®

Based on connection vs. control

Jobs for Every Student: <ul style="list-style-type: none"> • 23 students = 23 jobs • Rotate Weekly 	Classroom Structure: <ul style="list-style-type: none"> • Job Board • Friends & Family Board • We Care Center • Safe Place • Time Machine • Celebrations
Safekeepers: <ul style="list-style-type: none"> • My job is to keep you safe. • Your job is to help keep it that way. 	Routines: <ul style="list-style-type: none"> • Visual/Rule Cards • Arrival/Dismissal • Waiting • Transitions • Lunch/Hygiene • Social Stories
Caring Rituals: <ul style="list-style-type: none"> • Absent Student • Wash Well • Appreciation • Greeting/Goodbye • New Student • Moving Student • Kindness • Testing • Life Change 	Teaching Students to Be Helpful: <ul style="list-style-type: none"> • Noticing Helpful Acts • Language of Safety • Transforming Hurtful into Helpful • Ways to be Helpful Images



Encouraging Rituals Creating a Caring Culture

- ♥ Goal: Connection
- ♥ Sacred spaces designated for togetherness and unity
- ♥ Soothe lower centers of brain
- ♥ Produce a calming affect
- ♥ The heart of the school family and the glue that holds it together



Rituals

- ♥ Greeting/Goodbye
- ♥ Wish Well/Absent Student
- ♥ Morning message
- ♥ Kindness recording
- ♥ New of leaving student
- ♥ Connecting/Celebrating
- ♥ Life change
- ♥ Testing



Greeting Rituals



Pre-K ESE Greeting



4th & 5th Grade



Absent Student Rituals

Dear merceline
 we miss you and we are
 sorry you made the wrong
 choicer We hope you make
 better ones and ~~we~~ think
 before saying something once
 again we miss you come back and
~~we~~ please dont ~~and~~ I appended
 anymore we need you in our class
 family. It's not the same when you
 are not here. The class is falling
 apart. Come and help us build it
 up ~~again~~.

Sincerely class



Absent Student Ritual



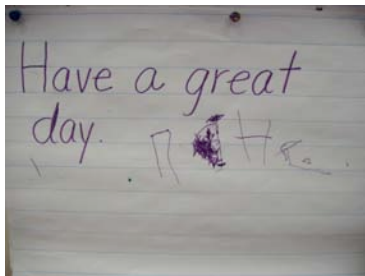
You've been gone
And you've been missed
Where would you like
Your butterfly kiss



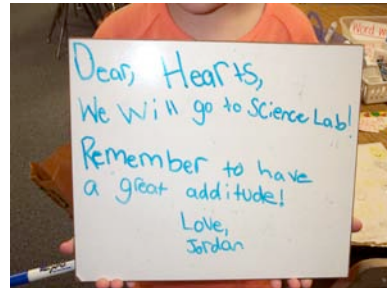
5th Grade Arizona



Preschool Morning MESSAGE



Morning Message First Grade



Morning Message 4th grade



Loving Guidance Office

Well I believe today to be my last morning message for me to do, it's been Fun. Well for me at least, hopefully everyone feels the same way!

I don't know what to say I don't have much left, so I'm just going to say I wish everyone well, and I hope that to everyone's week I have brought an ounce of some joy to their life, ^_^

I wish I could be morning message person forever... But that wouldn't be fair to everyone else. And I wish the person to have this next, whoever it may be have as much fun with it, as I did! =>

So as I write my closing statement, I wish everyone a wonderful amazing day today, and everyone be lucky they don't have to go in front of their class in four hours and do a speech!

Have a wonderfully, amazingly, awesomely, stupendously, fantastical, breath taking, awe-inspiring, mind-blowing, majestically, magical Day!

-Stephen



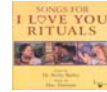
Peter Peter Pumpkin Eater



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



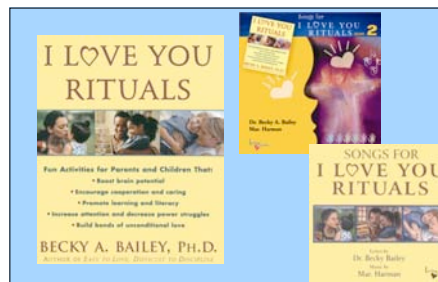
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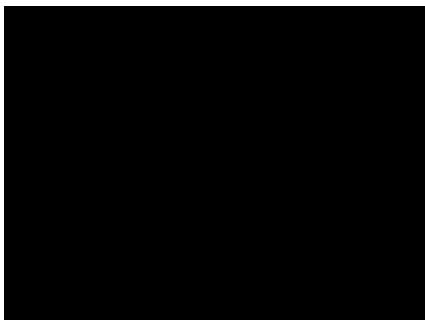
SHIFT FROM CONTROL TO CONNECTION



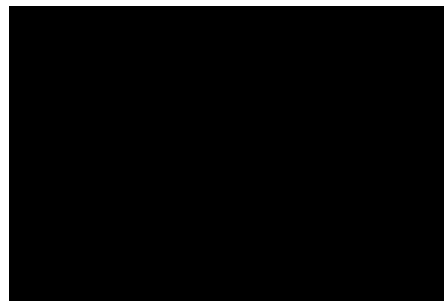
I Love You Rituals



Peter Peter 2nd Grade



Opportunity to Teach



Loving Guidance

5th Touching



Loving Guidance




Loving Guidance

Women in Prison



Loving Guidance

My job is to keep you safe



Your job is to help keep it that way

Loving Guidance


Noticing Acts of Kindness

Shifting the focus




Loving Guidance

Noticing Helpful Acts




- ♥ Step 1: You (or child's name)
- ♥ Step 2: Describe in detail what the child did
- ♥ Step 3: Relate how the behavior helped someone or class
- ♥ Step 4: End with a tag
 - "That was helpful."
 - "That was kind."
 - "That was caring."


"You _____ so _____. That was _____."

 **Practice**

- ♥ Someone moves over given another person more space.
- ★ You ____ so _____. That was _____
- ♥ Someone gives another person information about the assignment


 **Responsibilities**
Job Board

- ♥ Purpose
 - ★ To provide students with the opportunity to be significant contributors to the school family
 - ★ Everyone is needed and essential
 - ★ To teach students their job description of being helpful
 - ★ Older students do service learning projects



 **Job Boards**





 **Job Examples**


- ♥ Morning Message Writer
- ♥ Greeter
- ♥ Kindness Reporter
- ♥ Encourager
- ♥ STAR Person
- ♥ Visitor Greeter
- ♥ Wish Well Leader
- ♥ First Aide Giver
- ♥ Absent Student Helper/Committee
- ♥ New Student Buddy

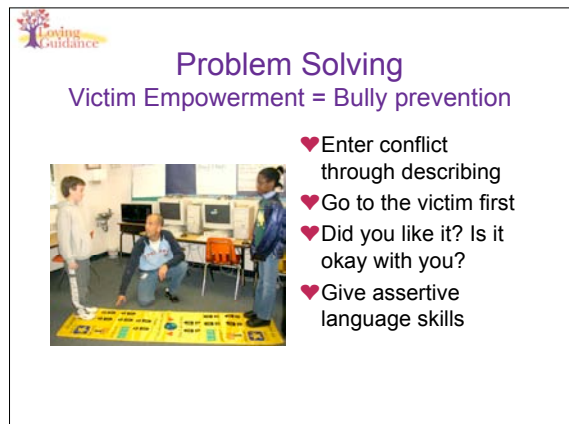
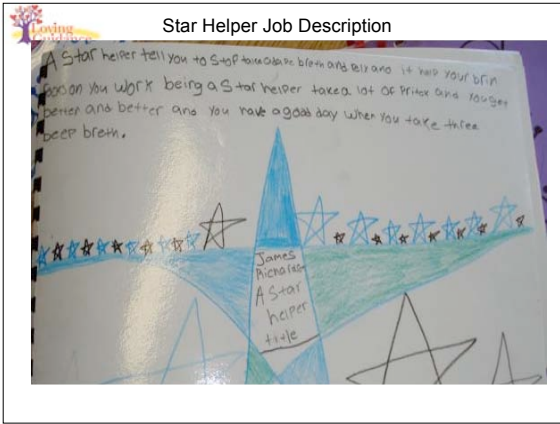
 **Jobs- Contributions**
Raising Alpha Levels

- ♥ Being of Service
- ♥ Being grateful and appreciative
- ♥ Relaxation Response



 What do you like about CD?
Notice my ____, so you _____.







 OOPS

Kindergarten Time Machine




 Positive Intent

♥ Seeing the best in each other



 To turn resistance into cooperation, you must be willing to offer positive intent to hurtful behaviors.



 What was Garrett's Intent

- To make my day hard
- To show the other child, "Don't you ever mess with me."
- To be mean and hurtful
- To get the bicycle


 We get to make up the motives of others

♥ If we make it up NEGATIVELY

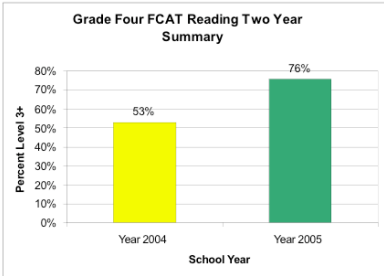
- ★ We throw ourselves into the lower centers of our brain where we will treat our children as we were treated
- ★ We label the core of the child BAD

♥ If we make it up POSITIVELY

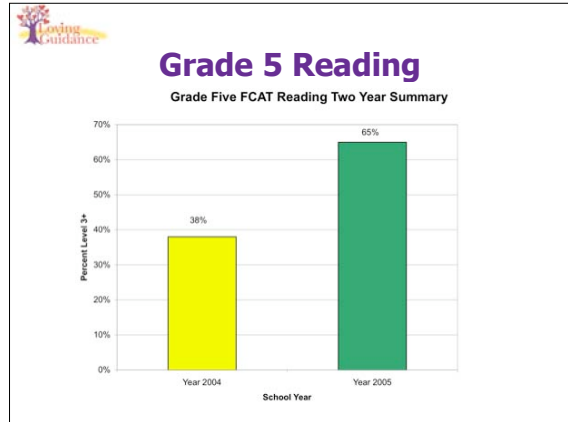
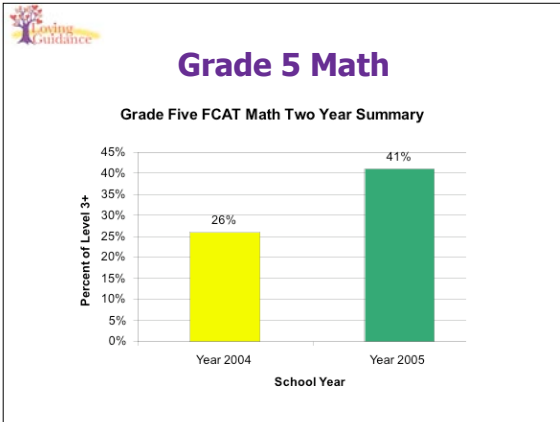
- ★ We can generate coherent heart; access the higher centers of our brain and access our own brilliance
- ★ We label the core of the child GOOD

 Grade 4 Reading

Grade Four FCAT Reading Two Year Summary



School Year	Percent Level 3+
Year 2004	53%
Year 2005	76%



I Wish You Well

My heart to your heart. I wish you well
 My elbow to your elbow. I wish you well
 My back to your back. I wish you well
 My eyes to your eyes. I wish you well

How can we help everyone we know
 How can we help each other grow
 Sometimes it's hard to know what to do
 Wishing them well connects me and you
 Wishing them well connects me and you

I Wish You Well

My heart to your heart. I wish you well
 My elbow to your elbow. I wish you well
 My back to your back. I wish you well
 My eyes to your eyes. I wish you well

How can we help everyone we know
 How can we help each other grow
 Sometimes it's hard to know what to do
 Wishing them well connects me and you
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I Wish You Well

My knee to your knee. I wish you well
 My shoulder to your shoulder. I wish you well
 My hip to your hip. I wish you well
 My hand to your hand. I wish you well
 I wish you well. I wish you well