



Assessing Brain States in Order to Teach Self-Regulation: Learn three new tools that will make a difference!

Loving Guidance Associate Karen Hickman Fri. 8:30-9:30am

Based on the work by Dr. Becky Bailey, creator of Conscious Discipline®

Objectives

1. Increase understanding of how the brain develops in stages and is hierarchical.
2. Recognize the relationship of internal states to behavior for both adults and children.
3. Practice applying the skills of noticing, empathy and problem solving.

| Check In | | | | | | | | | | |
|--------------|---|---|---|---|---|---|---|---|----|--|
| Energy Level | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| Focus Level | | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

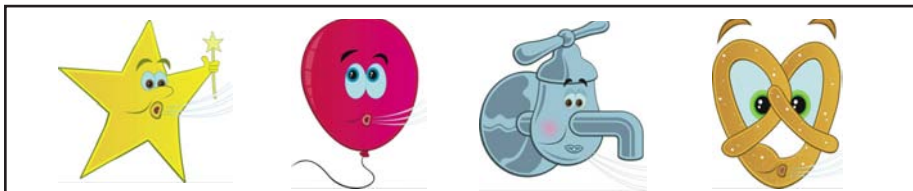
Brain Smart® Principles

1. The best exercise for the brain is e_____.
2. The brain functions optimally when a person feels s_____.
3. The brain is p_____ -s_____ and s_____ oriented.
4. Connections on the o_____ build connections on the i_____.

Good morning, Good morning!
 Let's get ready the brain smart way
 Good morning, Good morning!
 Get ready to start the day
 Get your hands ready –shake shake
 Get your arms ready – stretch stretch
 Get your brain ready – cross cross
 Get your focus ready – breathe, breathe,(2x)
 Good morning, Good morning!
 Let's get ready the brain smart way
 Good morning, Good morning!
 Connect with a friend – shake, shake
 Connect with a friend – clap, clap
 Connect with a friend – hip, hip
 Connect with a friend – hug, hug, HUG



- **It Starts in the Heart** music CD



Disengage the Stress Response

Brain Basics 101

Brain Stem: represents a s_____ state, which includes f_____, f_____, and f_____.

In this state, the developmental need is s_____.

Limbic System: represents an e_____ state, which includes patterns from c_____, placing b_____, and n_____-calling. In this state, the developmental need is c_____.

Prefrontal Lobes: represent an i_____ state, in which we can access our own w_____. In this state, the developmental need is p_____ -s_____.

Helpful products for this session:

Safe Place Mat

It Starts in the Heart music CD

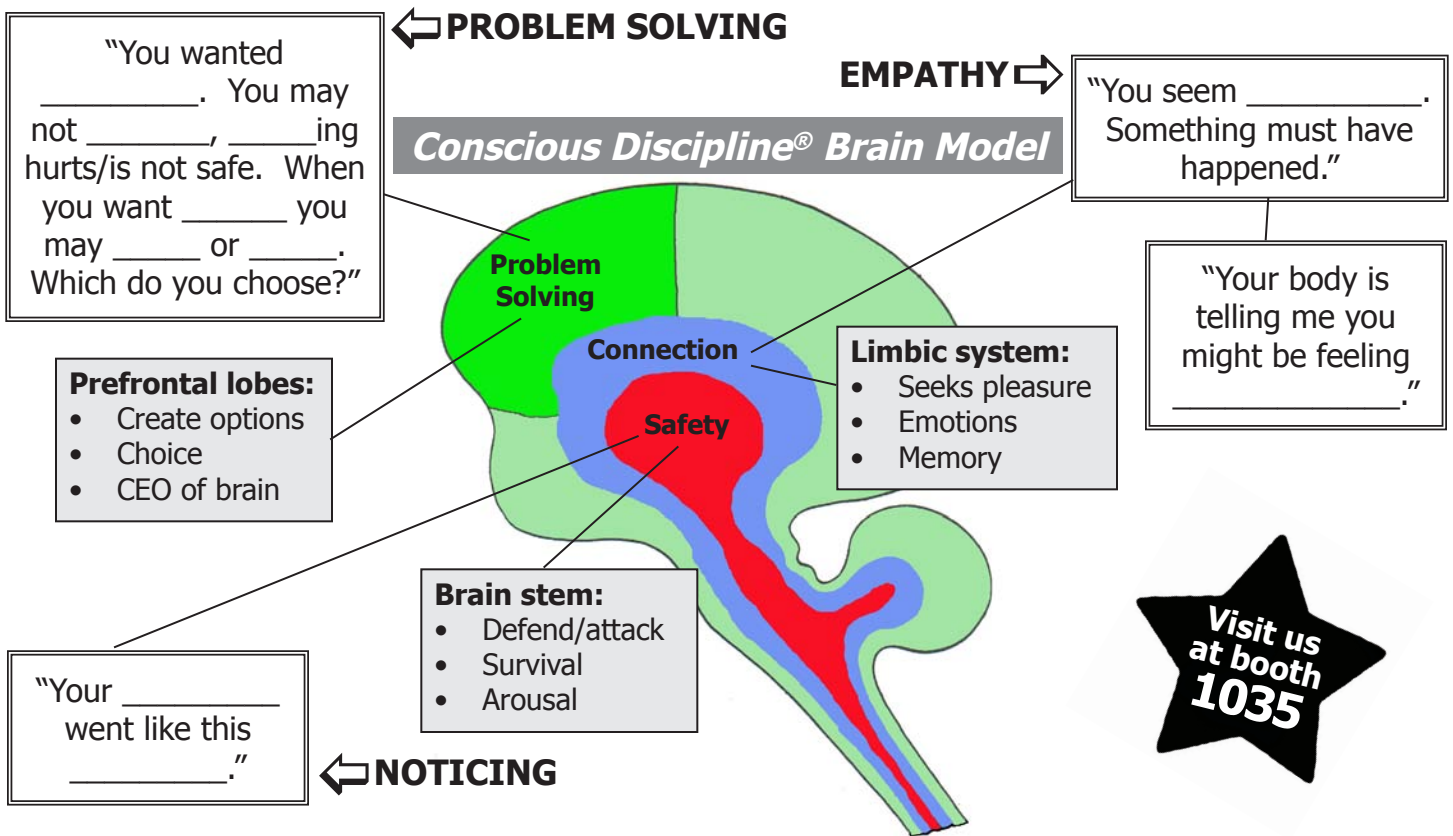
Brain Smart® Choices Cubes

Shubert children's book series

Conscious Discipline® book

Find these products and more at the Loving Guidance booth: Booth 1035

Three New Tools: Noticing, Empathy, Problem Solving



Practice Time

1. An 18-month-old clings to her mother as she is brought to your program. She is crying and saying, “Mama,” while reaching for her mother as you take her in your arms.
Brain State = _____ Skill/Tool = _____
2. The mother of the 18-month-old is saying, “You’re okay, don’t cry. Mama is right here,” as she reaches to take her child back in her arms.
Brain State = _____ Skill/Tool = _____
3. A 4-year-old boy is sitting behind a tree in the play yard with his arms folded around his head.
Brain State = _____ Skill/Tool = _____
4. An elementary-aged child arrives in the afternoon, mumbling under her breath about another child on the bus. “She is so stupid. I hate her!”
Brain State = _____ Skill/Tool = _____
5. You approach the child calmly, after taking a deep breath and focusing on what you want.
Brain State = _____ Skill/Tool = _____

"Ask an expert," freebies & product at booth #1035

For info, free downloads, products,
workshop registrations, & more...

Call 1-800-842-2846 or visit
www.ConsciousDiscipline.com



Two Days to a Better Way Conscious Discipline® Workshops



Anchorage, AK Jan. 16-17
Kansas City, MO Sept. 18-19
Northern California October 2009

Join the excitement as Dr. Becky Bailey teaches immediate strategies to:

- ★ Decrease problem behaviors
- ★ Increase academic achievement
- ★ Develop emotional intelligence

Conscious Discipline® Summer Institute

A life-changing week-long experience with Dr. Becky Bailey that focuses on:

- ★ The Seven Basic Skills of Discipline
- ★ The Seven Powers of Self-Control
- ★ Creating the School Family™

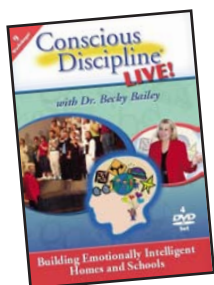
Two sessions in Orlando FL,
just minutes from area attractions.

Session A: June 19-25 Session B: July 19-25



No Time To Travel?

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Learn life-long
skills during
8+ hours of
training with
Dr. Becky
Bailey.

Available at **Booth #1035**
or ConsciousDiscipline.com

Conscious Discipline® Sessions

Conscious Discipline®: Creating a school community to foster empathy, self-regulation and problem-solving Dr. Becky Bailey with Loving Guidance Associates Jeannette French & Amy Speidel **Wed. 9am-12pm, Ballroom A3**

Administrators - Agents for Change: Transforming teacher behaviors Loving Guidance Associate Holly Christian **Thurs. 8:30-9:30am, Room D171/173**

Sit Still, Pay Attention, Look At Me: Understanding and developing attention skills Dr. Becky Bailey **Thurs. 12:30-1:30pm, in the Arena**

Brain Boogie Boosters: Brain Smart® music to enhance learning Dr. Becky Bailey & Don Monopoli **Fri. 8:30-9:30am, in the Arena**

Assessing Children's State of Mind to Teach Self-Regulation: Three tools for teachers Loving Guidance Associate Karen Hickman **Fri. 8:30-9:30am, Room A124/127**

Bully Prevention: Using children's literature to train teachers in best practices Loving Guidance Associate Amy Speidel **Fri. 2-3:30pm, Room C146**

Ready But Not Revved Certified Conscious Discipline® Instructors Kay Zastrow & Peggy Simonis, with Linda Morrison **Fri. 8:30-9:30am, Room A309-310**

The School Family Model for Class and Center Management Loving Guidance Associate Katja von Elbe & Certified Conscious Discipline® Instructor Amparo Morillas, with Ingrid Garcia **Fri. 8:30-9:30am, Room C147/154**

Únete al círculo Certified Conscious Discipline® Instructor Leticia Valero, with Sandra Lewis **Fri. 8:30-9:30am, Room A201/202**

Writing with Heart Certified Conscious Discipline® Instructor Leticia Valero **Fri. 12:30-1:30pm, Hyatt Meeting Room Reunion C**

The Hand that Rocks the Cradle Rules the World! Certified Conscious Discipline® Instructor Mary Margaret Wilson **Fri. 4-5pm Room A124/127**