



Shubert Book Series Classroom Study Guide

by Dr. Becky Bailey

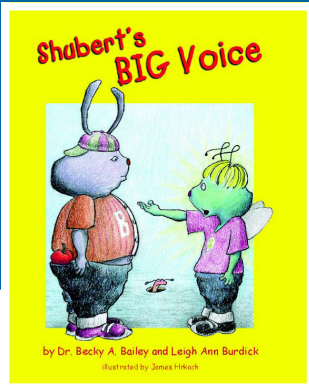
These discussion questions apply to all books in the Shubert Series.

1. Who were the characters involved in the story?
2. Was there a problem? What was the problem?
3. How did each character feel?
4. Did they hurt each other? How?
5. Did they do things that were helpful? If not, what could they have done that was helpful?
6. Do you agree or disagree with how the characters acted?
7. Have you ever had anything like this happen to you?

For each monthly focus, make up a question that ties the book you are reading to the Conscious Discipline® lesson you are teaching. To guide you in your thinking, the following questions are designed to reflect each month's focus.

1. Power of Perception, Skill of Composure: Did the characters control their anger? How?
2. Power of Unity, Skill of Encouragement: Did the characters show kindness, caring, honesty, encouragement and/or gratitude to each other? How was it done? Can we do this in our classroom?
3. Power of Attention, Skill of Assertiveness: Were characters assertive? What did they say?
4. Power of Free Will, Skill of Choices: Did the characters make choices? Was the choice helpful or hurtful?
5. Power of Love, Skill of Positive Intent: Did the characters offer positive intent to each other or see the best in the situation? How was this done?
6. Power of Acceptance, Skill of Empathy: Did the characters accept each other as they were? Did the characters see from each other's point of view? How did the characters change their behavior in response?
7. Power of Intention, Skill of Consequences: Did the characters recognize that they had a problem? How was it solved?





Shubert's Big Voice

Name: _____

Shubert felt really mad when Big Benny took his apple, but he did not know the words to say. Mrs. Bookbinder taught Shubert how to use his "Big Voice." In a firm voice, Shubert said to Benny, "I don't like it when you push me. Give me back my apple."

1. Tell about a time when you have been in your brain stem.

How could you help yourself get to your frontal lobe?

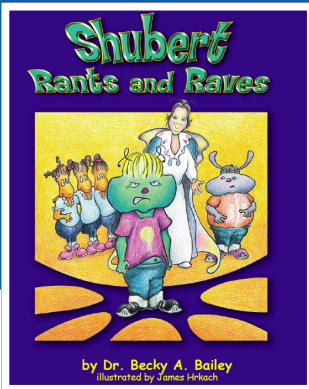
2. Tell about a time when you have been in your limbic system.

How could you help yourself get to your frontal lobe?

3. Tell about a time when you have been in your frontal lobe.

4. What words would you use when someone steps on your toe in line, pushes in line, throws a piece of paper at you, or calls you a name?





Shubert Rants and Raves

Name: _____

Shubert was so very angry he wanted to rant and rave, and break the rules down.

What did Mrs. Bookbinder say that helped Shubert calm down enough to take responsibility for forgetting his permission slip and be able to make a healthy choice?

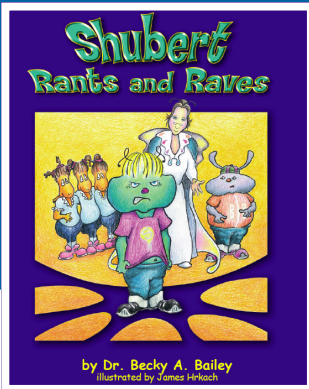
Have you ever been so angry that you wanted to rant and rave to see if you could break the rules down? Yes No

What did the person in authority (boss, parent, teacher) say or do?

Did it help you calm down, take responsibility and make a healthy choice? Yes No

What was the essential difference between your experience and Shubert's?





Shubert Rants and Raves

Name: _____

As the book is being read to you, decide what state you believe Shubert is in and what skill or skills Mrs. Bookbinder uses to help him take responsibility for his actions.

State Choices

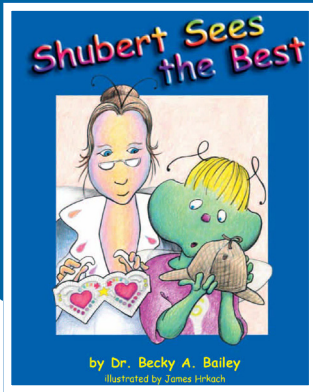
- Survival
- Emotional
- Executive

Skill Choices

- Assertiveness
- Noticing
- Choices
- Empathy
- Composure
- Positive Intent
- Consequences
- Encouragement

Scene	Shubert's Brain State	Mrs. Bookbinder's Skills
Shubert is leaving the house.		N/A
Shubert is entering the classroom.		
The class answers Mrs. Bookbinder's questions.		
Shubert explains that he forgot.		
Mrs. Bookbinder tells Shubert he cannot go.		
Shubert screams, "I'll rant and I'll rave..."		
Shubert threatens to get his mom and the president.		
The class wishes Shubert well.		
Shubert cries.		
Shubert plans for next time.		N/A





Shubert Sees the Best

Name: _____

Hurtful View

1. He always grabs stuff without asking.

2. _____

3. _____

4. _____

5. _____

Change to a Helpful Event

1. He needs to hear me practice my "Big Voice" so he can learn the words.

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



