



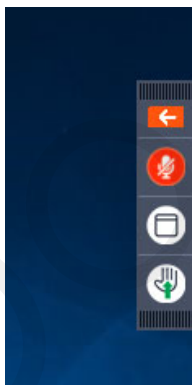


Conscious Awareness Learning Model
Based on Conscious Discipline®

Session 3: The School Family & the Power of Perception and Skill of Composure

Funded by:  In partnership with:   

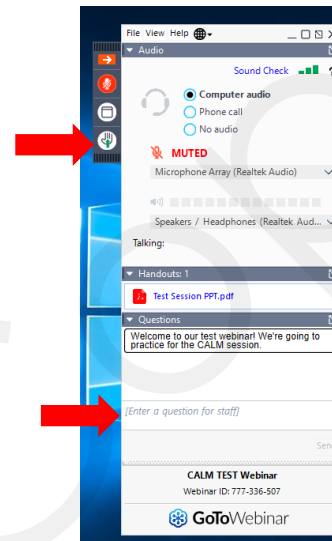
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- The orange arrow shows your Attendee Control Panel.
- The square makes the presentation full screen.
- The "Raise Hand" option is for if you wish to speak or comment when the speakers ask for participation.

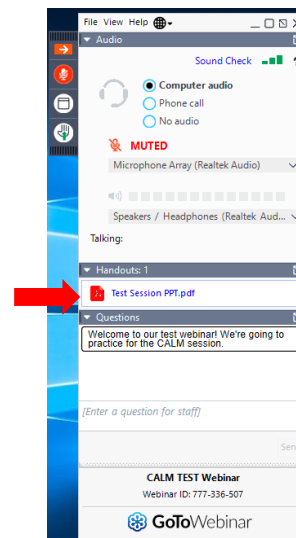
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- If you have a question at any point during the webinar, you can go to the "Questions" menu and type it out. We will have a time during the webinar to read and answer questions submitted through the "Questions" menu.



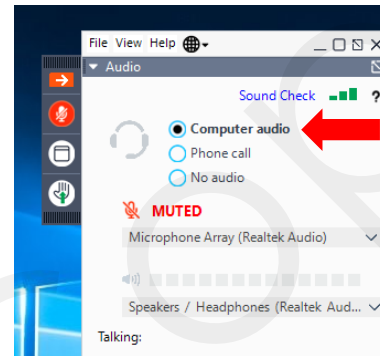
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- You will find the copy of the session PowerPoint available for you to download under the "Handouts" menu. (In English and Spanish)
- All of the videos used in the presentation are linked in the handouts (click on the black box in the PDF file and it will open on YouTube)



GoToWebinar


- If you have audio problems at any point during the session, make sure you are connected via "Computer audio"
- For those on the mobile application make sure it says "You are connected using the internet" under the "Audio" tab
- Most of the audio problems are caused by a slow internet connection, you can always disconnect and rejoin the webinar from the link in the email



Arrival Routine

- Greetings! ☺
- Complete pre-survey (**link closes at 9:30am**)
 - If not, complete it here:
<https://www.surveymonkey.com/r/9QDGWZZ>
- Get ready!
- Stronger With Involved Focused Fathers (SWIFF)





Stronger With Involved Focused Fathers (SWIFF)

Saturday, January 8, 2022

Funding generously provided by:

Children's Board
HILLSBOROUGH COUNTY
www.ChildrensBoard.org

REACHUP
where there's a will, we are the way

Stronger With Involved Focused Fathers (SWIFF) Goals

- Increase father involvement in their children's development, education or school
- Reduce the stress in the co-parenting relationship
- Help fathers and father-figures develop healthy social networks
- Assist fathers and father-figures in demonstrating behavior consistent with knowledge of age-appropriate child development and expectations with children birth to age 5



FAMILY RELATIONSHIP EDUCATION

- Couples will participate in the Prevention and Relationship Enhancement Program (PREP). Faith-based sessions are available.
- Couples will participate in up to 6 sessions.
- Couples will focus on stress management and social support network development.
- Couples will learn Three kinds of safety to consider in building a healthy & happy relationship: Physical, Emotional, & Commitment
- Couples will learn the Three Keys to Successful Relationships:
 1. Do Your Part
 2. Decide, don't Slide
 3. Make it Safe to Connect
- Couples will be able to learn at their own pace
- Couples do not have to live together to participate in the Family Relationship Education Program.
- Couples will build and maintain a nurturing and protective home environment.

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Focus on Fathering Education



- Fathers & Father figures will learn about their child's physical, social-emotional, language, and intellectual development.
- Fathers will participate in 7 sessions on various topics including:
 1. How to emotionally connect with your child
 2. The importance of play time
 3. Ways to build your child's self esteem
- Fathers will receive resources to enhance Read & Play activities with your child.
- Fathers will complete an ASQ-3 Developmental Screening Tool, PICCOLO Checklist, & learn age-appropriate activities.
- Fathers will have an opportunity to meet & network with other supportive fathers & father figures.

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Stronger with Involved Focused Fathers Referral Process

Call 813-564-2265
Share name &
contact
information

Send a *PHI* (encrypted)
e-mail to
cfitzpatrick@reachupincorporated.org

SWIFF Staff will assist
with enrollment &
provide services.

Funding generously provided by:



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CALM Community Watch Parties



CALM Connections



Check-in Polls

1. How did you feel over the holidays since our last CALM Special Session in December?

- Extremely stressed
- Moderately stressed
- Occasionally stressed
- Not stressed at all

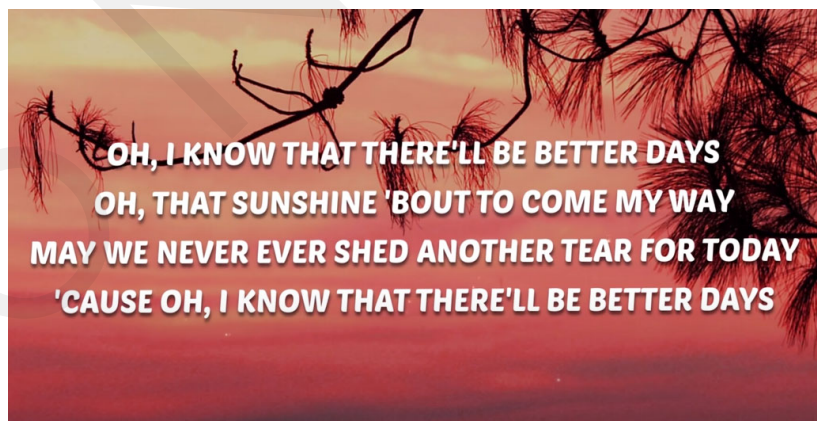
2. Were you able to notice when you got stressed and tap into some calming strategies?

- Never
- Sometimes
- Often

Happy New Year - Resolutions???

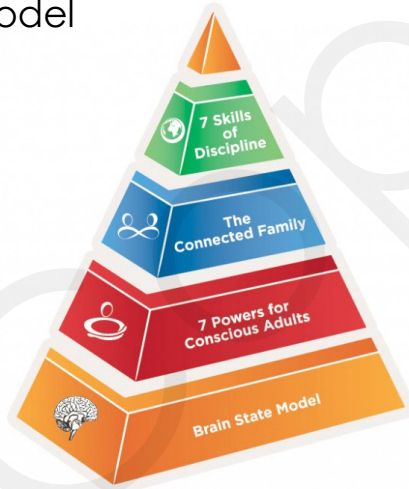
LESS SUGAR (YOU'RE SWEET) EAT MORE
 SAY NICE THINGS DON'T FORGET TO GREEN THINGS
 ABOUT OTHERS BREATHE ASK FOR
 THIS TOO SHALL PASS DRINK MORE WATER HELP
 MAKE NEW GIVE YOURSELF A BREAK YOUR BODY IS 55% WATER AFTER ALL
 FRIENDS YOU'RE DOING TALK LESS ADD
 CHOOSE GREAT LISTEN MORE COLOUR
 TO BE HAPPY GET MOVING EVEN IF IT'S JUST TO YOUR LIFE
 TAKE RISKS STEP OUTSIDE OF YOUR AROUND THE BLOCK
 FORGET MILESTONES SMILE NORMAL ROUTINE
 REMEMBER MAGICAL MOMENTS

Better Days



Four Essential Components of Conscious Discipline®

1. Conscious Discipline® Brain State Model
2. Seven Powers for Conscious Adults
3. Creating the School Family
4. Seven Skills of Discipline



Conscious Discipline® – Quick Review

- Focuses on building a School Family – Early Childhood Family
- Raises achievement scores
- Strengthens self-esteem
- It is a **journey** that creates lasting change through a **community of caring** and **connection** ❤️
- It is based on a Brain State Model
 - Helps us **Respond** vs. **React**

Conscious Discipline® – Quick Review

- An emotional intelligence program based on brain research
- Gives teachers and adults the skills to help children become successful in school and in life
- Three core components of Conscious Discipline® are:



Three Brain States

- **Survival State**
 - Fight, Flight or Freeze (non-verbal)
 - **Am I safe?**
- **Emotional State**
 - The world is not going my way
 - **Am I loved?**
- **Executive State**
 - Optimal State of Learning, goal achievement and problem solving skills (relaxed alertness)
 - **What can I Learn?**

Just Breathe



Brain State Model Goals

- Remain in the **executive state** ourselves
 - Change our internal state from **upset** to **calm**
 - ***"I am safe", keep breathing, "I can handle this"***



Stop/**S**mile
Take a deep breath
And
Relax

- Identify which internal state the child is in
- Assist the child in achieving an **executive state** for optimal learning
- Address the behavior by teaching a new skill

Brain Smart Principles Review

1. The **best exercise** for the brain is exercise
2. The brain is pattern seeking and survival oriented
3. Connections on the outside with other people build neural connections on the inside
4. The **brain functions optimally** when the child feels safe

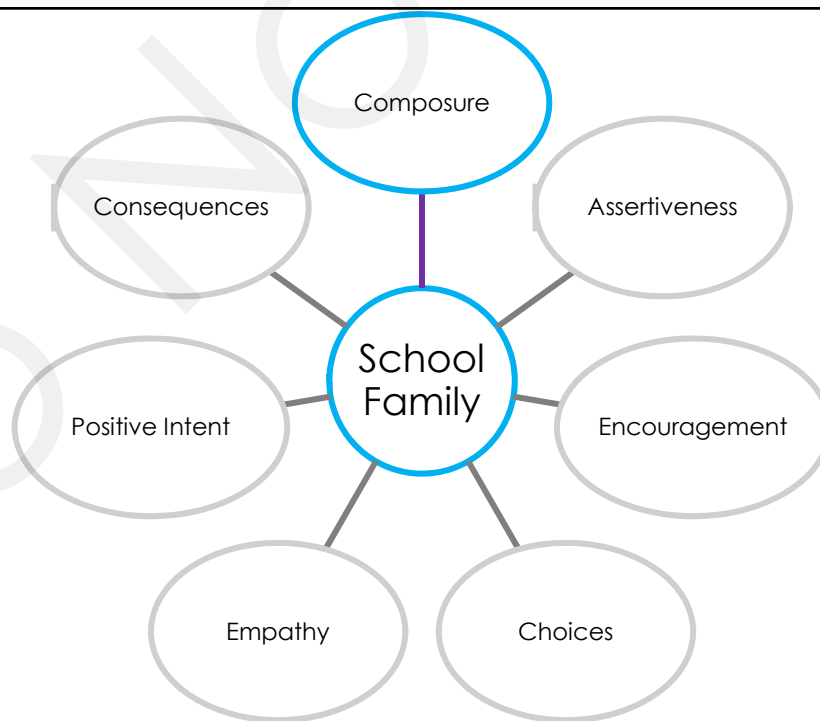
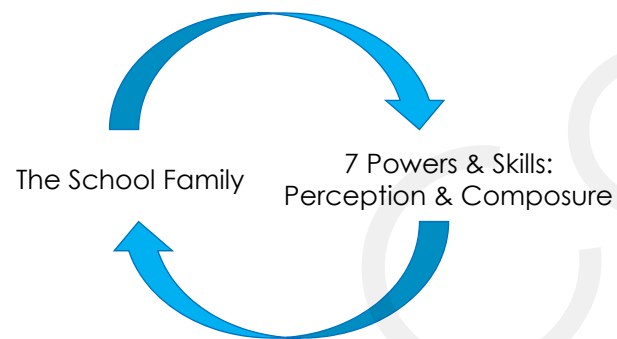
Setting Up Our Classrooms For Optimal Learning

- Traditional Factory Model
 - External Motivators
 - i.e. punishments and rewards
- Creating The **School Family**
 - Internal Motivators
 - i.e. **Safety**, **Connection** & **Problem Solving** and using the *7 Powers and Skills of Conscious Discipline®*



The School Family

- The School Family has a **reciprocal** relationship with the seven **powers** and **skills** of Conscious Discipline®



Creating The School Family

Routines

Teach expected behaviors



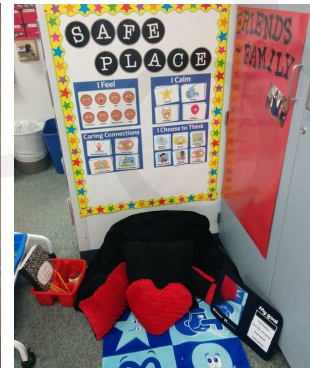
Rituals

Build connections



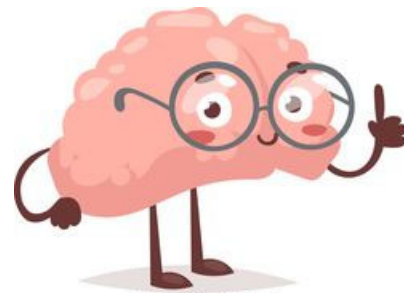
Structures

Meet needs of **all** children



Brain Smart Start

- UNITE – Greeting Song
- DISENGAGE STRESS – Breathe ★
- CONNECT – I Love You Ritual ♥
- COMMITMENT – To help keep it safe



Review Session 2

Do you start your day the [Brain Smart Way](#)?

- Write down how you begin your day. Do you have activities to unite, disengage stress, connect or commit/affirm?

How many of you use the [Safekeeper Ritual](#) in your [Morning Smart Start](#)?

Skill of Composure

The state or feeling of being [calm](#) and [in control](#) of oneself.

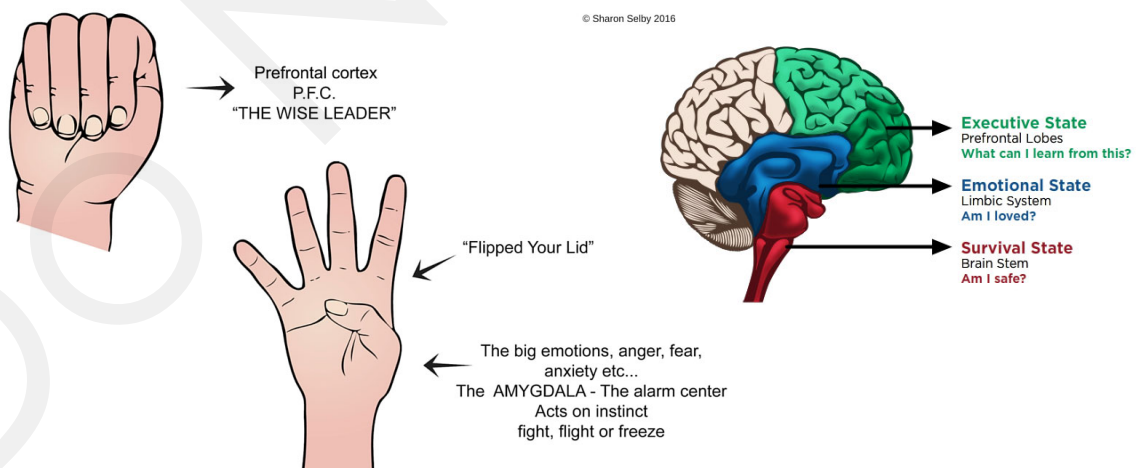


Skill of Composure

- Self-regulation in action
 - The prerequisite skill adults need **before** disciplining children
- **Being the person you want others to become**
- Gives you access to the higher centers of your brain



Flipping Your Lid



Adapted from Dr. Daniel J. Siegel's Hand Model of the Brain found in *Mindsight: The New Science of Personal Transformation* (Bantam Books, 2010)

Power of Perception

Peace Keepers

We all have demands of time and circumstance. Peace comes from **choosing**, through the Power of Perception, to allow life to unfold rather than attempting to force it into a mold of what “should be” based on our past experiences and current judgments.

Power of Perception

The goal is to **take responsibility** for our own upset and, in turn, **teach** children to be responsible for their own behavior.

Power of Perception

No one can make you angry without your permission

- Perception determines how we **react/respond**
- **Meanness/disrespect** dictates a **punitive response**
- **Lacking a skill** results in a **calming response**

Power of Perception

In any situation, we can choose to be a STAR



Stop/**S**mile
Take a deep
breath
And
Relax



Benefits of Conscious Breathing

- Releases toxins from the body
- Improves the immune system
- Balances the nervous system
- Helps release unhealthy memories and stifled emotions
- Integrates our brain to engage the higher centers for optimal functioning



STAR Person

- Add "S.T.A.R. Person" to your student job list



“Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.”



-**Viktor E. Frankl**, psychiatrist, neurologist, Holocaust survivor

Negative self-talk/CD-ROM

- Inner tyrant who punishes us for our mistakes
- Locks us into the lower centers of our brain
- “How stupid can I be?” “He knows better”
 - Break the negative self-talk and create a new neural network of forgiveness

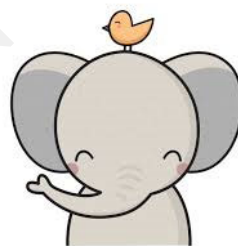
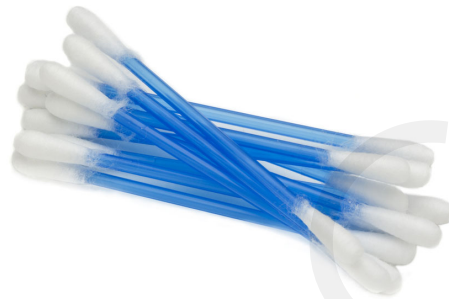
Oops!

I made a mistake.
Try again.

“Losing It” vs “The Better Way”

- Q Tip Method

Q – **Q**uit **T** – **T**aking **i** – **i**t **p** – **p**ersonally



remember

A child **cannot** be in a higher brain state than the adult.

Activity to Determine Your Triggers

Assumed Intent

- ☐ You're just doing this to annoy me
- ☐ You're deliberately defying me
- ☐ You're driving me crazy
- ☐ You're intentionally tuning me out
- ☐ You're just doing this to spite me

Labeling

- ☐ This is just plain manipulation
- ☐ You're lazy, ungrateful, selfish, etc.
- ☐ You don't care about anyone but yourself
- ☐ You're deliberately being mean, cruel, a smart mouth, a jerk, etc.

Magnification

- ☐ I can't stand this one minute longer
- ☐ You've gone too far this time
- ☐ You never listen, pay attention, focus
- ☐ How dare you speak to me like that?
- ☐ You turn everything into a power struggle, lousy time, nightmare, etc.

Additional Triggers

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Attuned or Misattuned? Working with Triggers & Temperaments

Being **conscious (aware)** of the Brain States in adults & children.



Uploading Calm for Ourselves

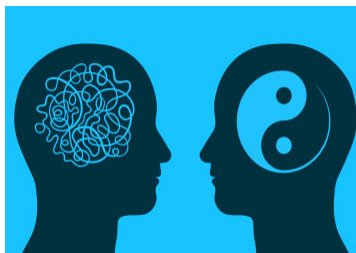
Puts a pause between child's misbehavior and our response



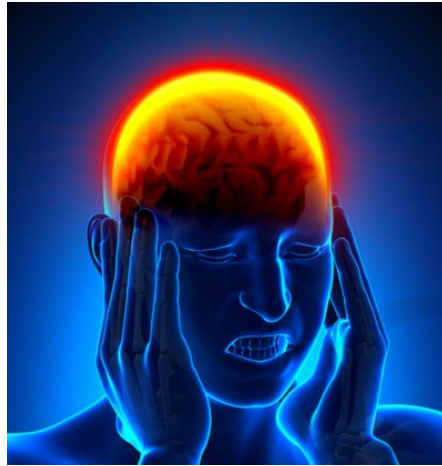
- In a **Survival State**: Be a S.T.A.R. by taking three deep belly breaths
- In an **Emotional State**: "I'm safe, keep breathing, I can handle this."
- In an **Executive State**: Wish Well, reframe as an Oops!, activate the Q.T.I.P. perception and Problem Solve

Downloading Calm to Children

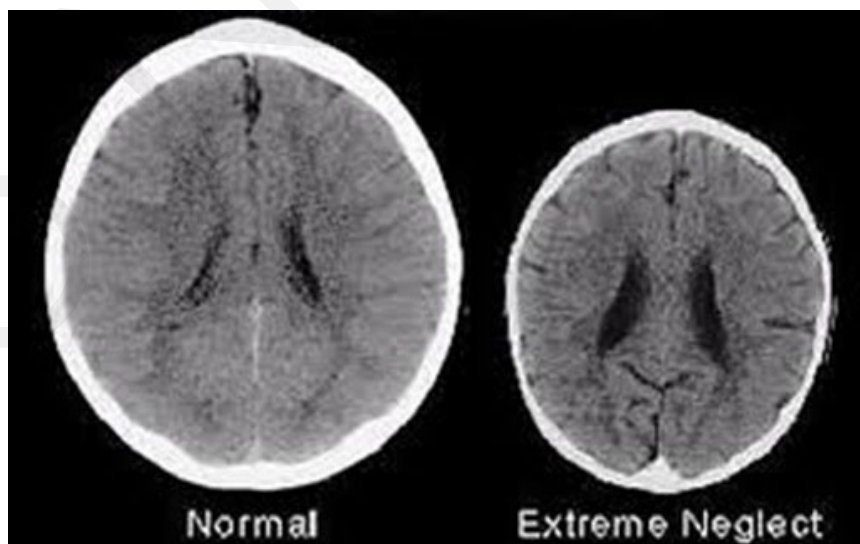
1. Upload calm into your body
2. Mirror and notice the child's body language.
 - "Your feet/body/face are going like this..."
3. When the child makes eye contact, take a S.T.A.R. breath
4. Offer the child choices or provide specific instructions



Stress & the Brain



Long-Term Stress



Trauma, Brain & Relationships: Helping Children Heal



Classroom Strategies

- Brain Smart Start Routine (Morning Meeting)
 1. Unite
 2. Disengage Stress
 3. Connect
 4. Commit
- Safekeeper Ritual
- Friends and Family Board/Book
- Safe Place



Safe Place Progression

Safe Place Progression

Mother's womb



Parent's chest



Parent's lap



Home or
classroom
Safe Place



Inner peace



Safe Place Self-Regulation Learning Center

Are you ready to implement this structure?

Column A	Column B
We must teach children how to compose themselves and give them the opportunity to practice.	Children should abide by the rules and know how to compose themselves by now.
All children can learn this skill.	Some children are too young, old, lazy or manipulative to learn.
Children can remove themselves as needed and return to class successfully.	Children cannot be trusted to use (rather than abuse) the Safe Place.

5 Steps to Self-Regulation

(Teacher assists through process)

- Step 1: **I Am Upset:** signal for child to go to safe place
- Step 2: **I Calm:** child chooses 1 of 4 breathing strategies*
- Step 3: **I Feel:** child identifies feeling from poster
- Step 4: **I Choose:** child chooses books, lotion, dolls, drawing
- Step 5: **I Solve:** child and teacher work towards a solution

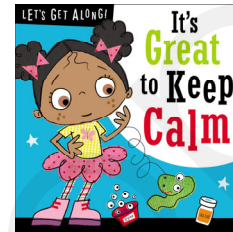
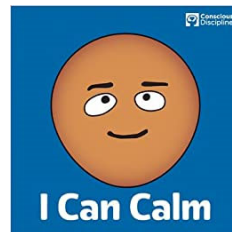
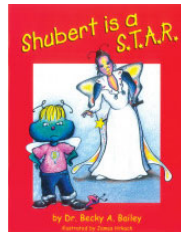
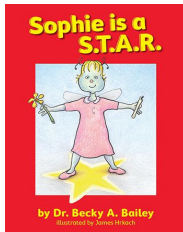
*Adult first uploads/downloads calm to child

Safe Place Materials

- Books (*Sophie is a Star*)
- Bean bag, pillows
- Breathing Icons/cubes, mats
- Sophie, Shubert, huggables
- Photos of families
- Photos of friendship
- Calming Cream
- Magic Mist



Suggested Books



Read-alouds on our YouTube channel!

Skill of Composure Resource Page

Skill of Composure
Based on Conscious Discipline®

Resource Page 1 of 2

Books
Click on a picture or the text to open a video read aloud.

Sophie is a Star	Shubert is a Star	I Can Calm	It's Great to Keep Calm

Routines, Rituals & Structures
Click on a picture or the text to open a video tutorial, activity, or discussion.

Safe Place (Mist & Cleanse)	Friends & Family Board of Advisors	Brain Smart Start
Safekeeper Ritual	Greeting/Goodbye Ritual	

Songs
Click on the underlined text to open a song video or printable lyrics.

Album - If Starts in the Heart Song #2 - "Get Ready" Song #3 - "Welcome" Song #11 - "S.T.A.R. Song"	Album - Kindness Counts Song #3 - "It's Brainstorm Time" Song #8 - "Safe Keeper" Song #16 - "You Can Relax Now"	Album - Brain Boogie Boosters Song #2 - "Brain Boogie Boosters" Song #4 - "Calm Your Brain" Song #14 - "Brain Game" Song #15 - "Brain Breaker" Song #19 - "Safe and Calm"
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<https://www.calmhcc.org/websites-other-resources>

Family Connection

- Send home a note about [S.T.A.R. breathing](#) to familiarize families with this concept and ask them to practice with their children.
- Also, explain the purpose of the [SAFE PLACE](#) and invite families to see it in your classroom.

Composure Summary

Composure	Gives you access to the higher centers of your brain
Power	Perception: No one can make you angry without your permission. You have a choice to pause, take a breath and respond instead of react.
The School Family Tool Box	<ul style="list-style-type: none"> • Brain Smart Start Routine • Safekeeper Ritual • Safe Place • Friends and Family Board
Strategies	<ul style="list-style-type: none"> • STAR, breathing • "I'm safe. Keep breathing. I can handle this." • Demonstrate: "Your face is going like this..."

7 Powers & Skills of Conscious Discipline®

Power	Skill	Strategy
Perception	Composure	Safe Place
Attention	Assertiveness	
Unity	Encouragement	
Free Will	Choices	
Love	Positive Intent	
Acceptance	Empathy	
Intention	Consequences	

Safe Place

Where is your Safe Place?



Safe Place & Self Care

*Self-care is giving the
world the best of you,
instead of what's left
of you.*

Katie Reed

Taking care of yourself
is the most powerful
way to begin to take
care of others

Bryant H McGill

PICTUREQUOTES.COM

*We are not the Survival of the Fittest,
We are the Survival of the Nurtured*

~ LOUIS COZOLINO

RAIN

- **R**ecognize
- **A**llow
- **I**nvestigate
- **N**urture



**From Tara Brach's book on Radical Compassion (2019)*

Homework

Power of Perception Reflection

- Know your TRIGGERS
- Practice uploading CALM
- Download CALM to children
- Practice being the change you want to see...
- Take notes and share for next time. Remember – it's a practice.

You only have to **be willing**. ☺



Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS Happier · Kinder · Together

CALM Site Supports FY2022

- Must have a minimum of 8 regular cycle trainings since October 1, 2020
- Request forms can be submitted while working to complete 8 trainings
- Request form can be found on our website, www.calmhcc.org
- The request form must be completed in its entirety; please do not leave any areas blank
- Submit your completed request form via email to bstechly@hccfl.edu
- Contact Brittany Stechly with any questions

QEES Resources

- [QEES Learning Line](#)
- [CALM Learning Line Resources](#)
- [ELM Learning Line Resources](#)
- [YouTube Channel](#)



YouTube Channel

QEES Learning Line
255 subscribers • 710 videos

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

About QEES with Program Director Marni Fuente

The Quality Early Education System (QEES) is generously funded by The Children's Board of Hillsborough County in partnership with Hillsborough Community College. Program funding supports QEES in offering essential services to early childhood educators, students and families. Visit us at www.qees.org for more information!

Uploads ▶ PLAY ALL

- Reading When We Go Camping with Ms. Michelle 7:19
- Reading Over in the Ocean In a Coral Reef with Ms... 8:37
- Reading We're Going to the Beach with Ms. Pat 6:45
- Reading Cheers for a Dozen Ears with Ms. Lynn 5:59

Playlist

- Lecturas en voz alta y actividades en español Add description 39
- Videos for Child Care Providers Add description 14
- QEES Community Corner - Guest Read Alouds Add description 6

Prizes

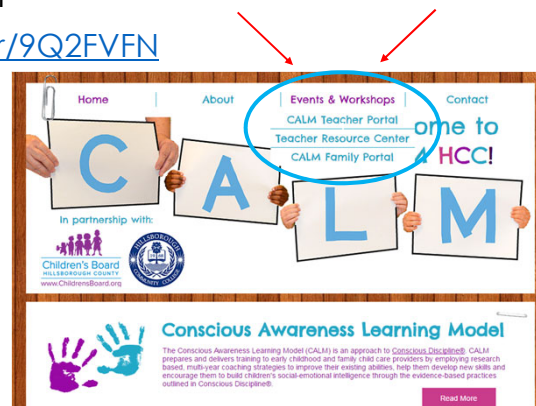


End of Session – Instructions

1. Complete the session evaluation that will pop up after the webinar
 - A follow up email will also contain the link to the evaluation and post-assessment
2. Check for a follow up email from [Laura](#) regarding the post-Assessment [in 1 hour](#)
3. After submitting the post-assessment on Survey Monkey, you will receive an email with your session certificate
 - Certificates can take up to a week to be sent out

End of Session Info

- Post-Assessment & Evaluation
<https://www.surveymonkey.com/r/9Q2FVFN>
- Register for other workshops:
 - ELM January 13th & 20th
 - ELM January 19th
 - QEES Business Management January 22nd
- Website
 - Register
www.calmhcc.org/register
 - Teacher Portal
www.calmhcc.org/calm-teacher-portal
 - Resource Center Password: [CalmHCC](#)



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