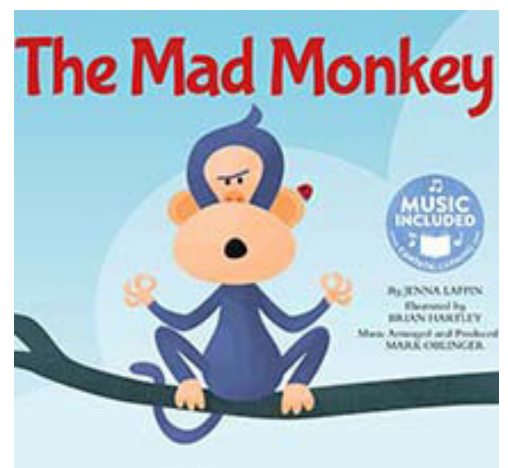
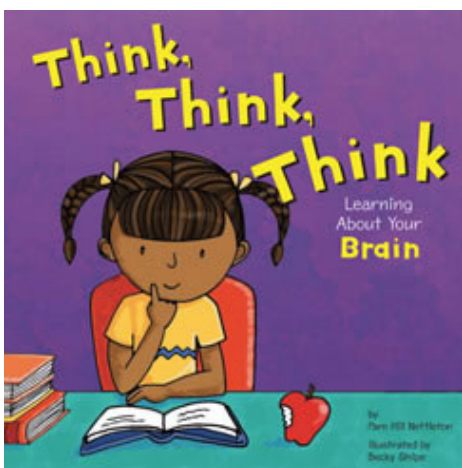
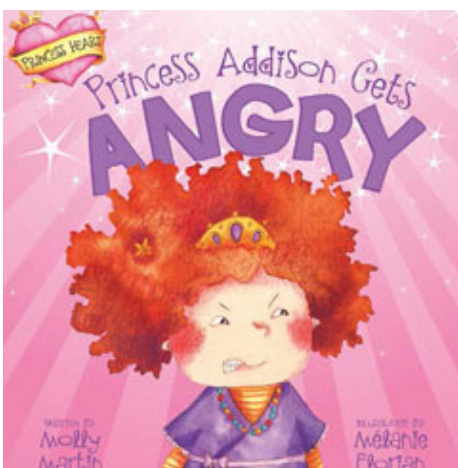
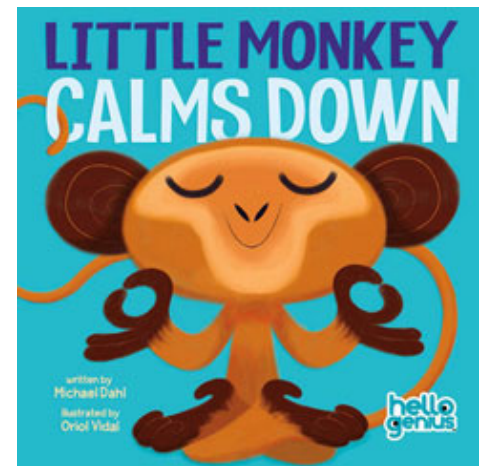
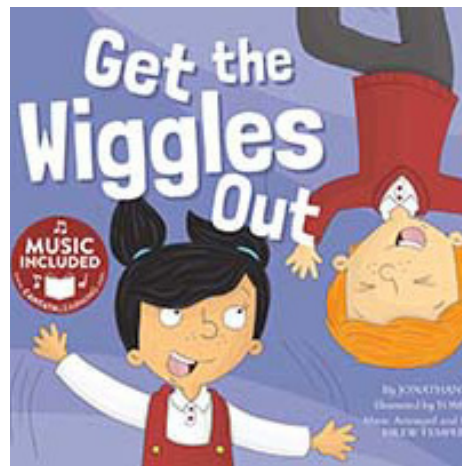


# Skill of Composure

## Power of Perception

1. Composure is self-control in action.
2. Healthy, secure relationships require that we (the adult) control our own upset.
3. Start each day the Brain Smart way.  
Brain Smart Start: Activities that unite (Greetings), disengage stress (Breathing), connect (I Love You Rituals), commit (Safekeeper).
4. Safekeeper Ritual: The teacher's job in the classroom is to keep the classroom safe so children can learn and succeed. The parent's job is to keep the home safe so that children learn and succeed.

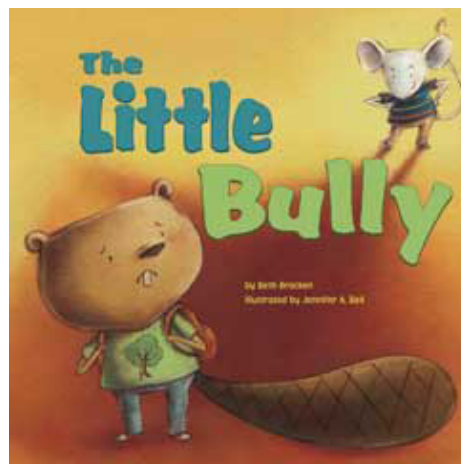
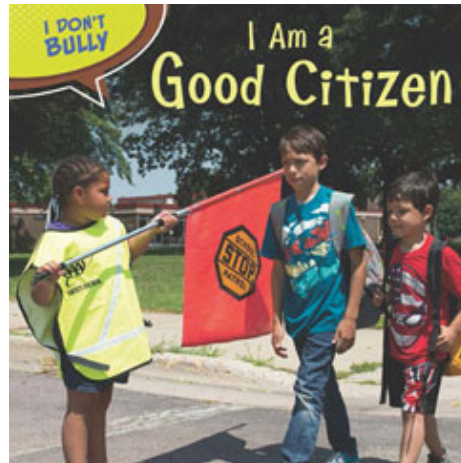
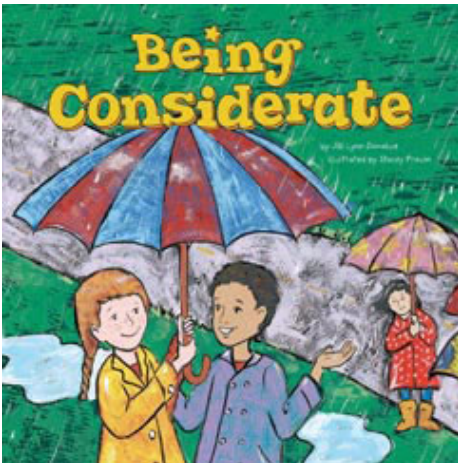


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# Skill of Assertiveness

## Power of Attention

1. What you focus on, you get more of.
2. When you are upset, you are always focused on what you don't want. Focusing on what we want is key for lifelong happiness because it wires our brain for success.
3. Aggressive tone: intention is to avoid conflict through dominating; power is taken away from others; information given is unusable, attacking.
4. Passive tone: intention is to please others; your power is given away; information given is unusable, confusing.
5. Assertive tone: intention is to paint a picture of what we want to do; power comes from within; information given is usable.



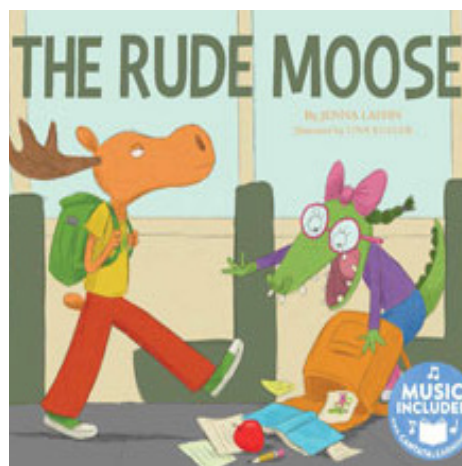
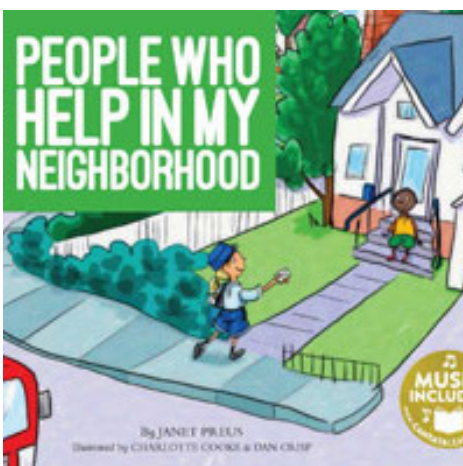
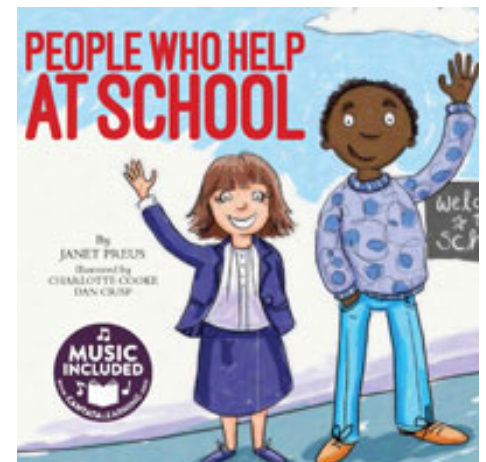
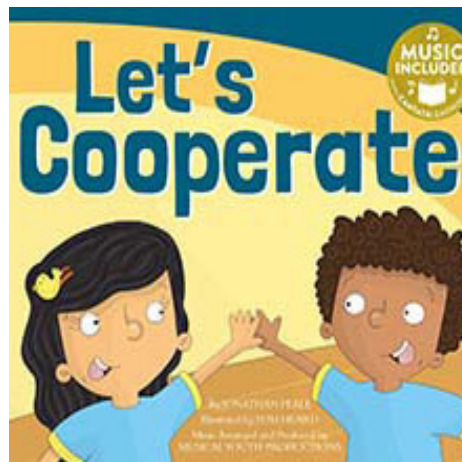
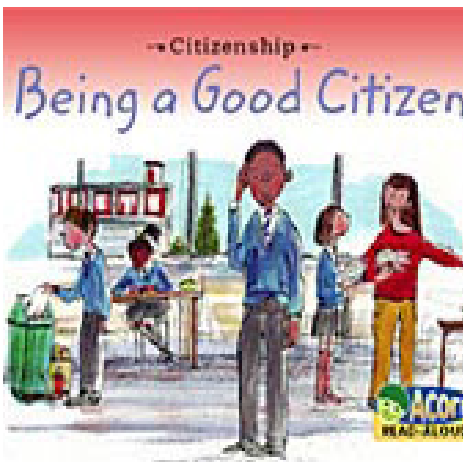
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# Skill of Encouragement

## Power of Unity

1. We are all in this together.
2. Contributing to the welfare of others builds self-worth.
3. How you “see” others defines who you are. The Golden Rule: Treat others the way you want to be treated.
4. Some traditional forms of praise and encouragement can be discouraging. Effective forms rely on noticing and describing instead of judging.
5. Encourage independence through problem solving. Avoid feeling sorry for the child, show empathy. Do not be concerned about the “right” discipline technique. Encourage responsibility from the child. Be sure expectations are clearly explained.

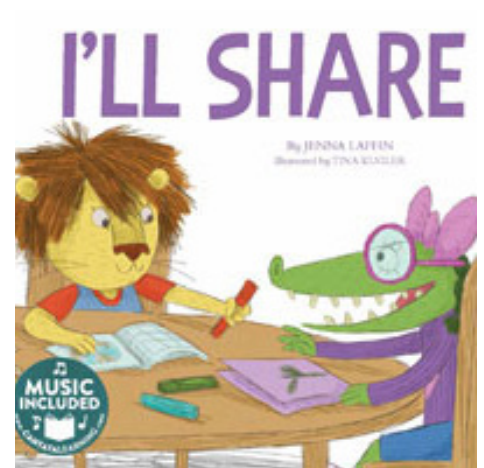
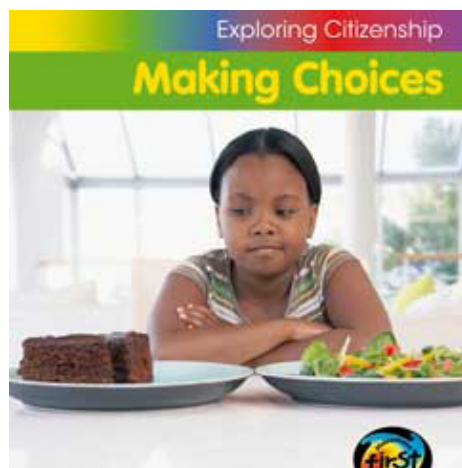
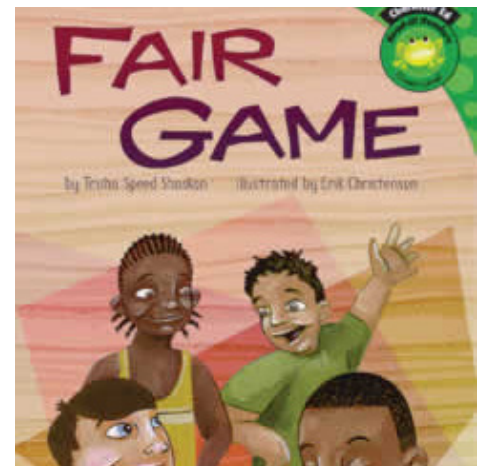
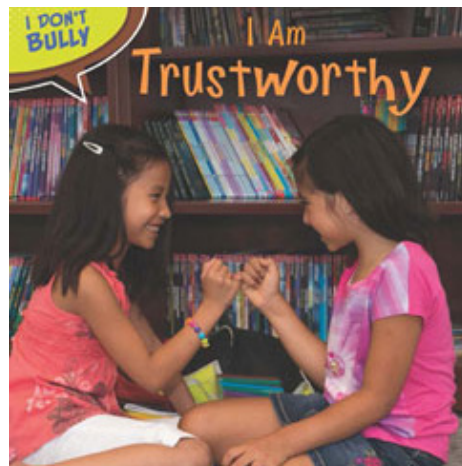
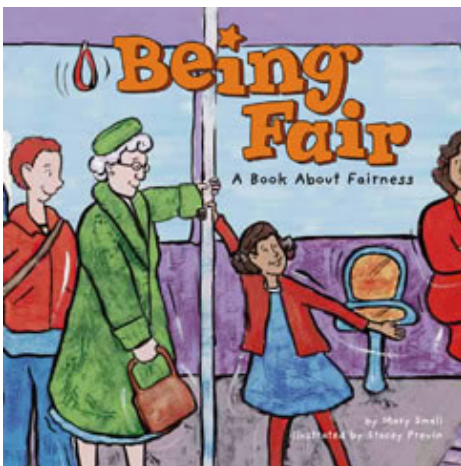


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# Skill of Choices

## Power of Free Will

1. The only person you can make change is yourself.
2. Giving your power away sets you up to blame others.
3. Ask yourself, "How can I help this child be more likely to choose to \_\_\_?" rather than, "How can I make the child do \_\_\_?"
4. Making choices builds will power and self-esteem.
5. Live in an empowered state by claiming responsibility for your choices and behaviors.
6. Offering two positive choices helps children shift from Emotional State to Executive State. It activates frontal lobe for decision making and focused attention while encouraging children to choose compliance.



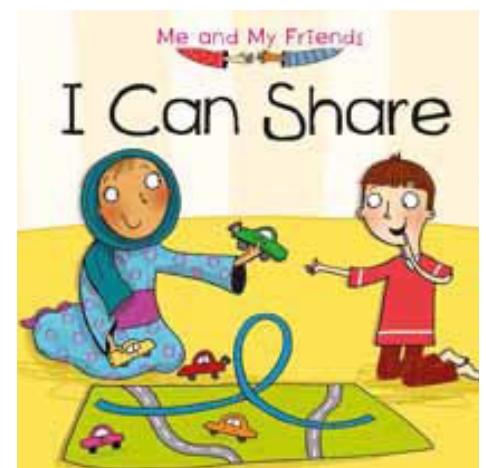
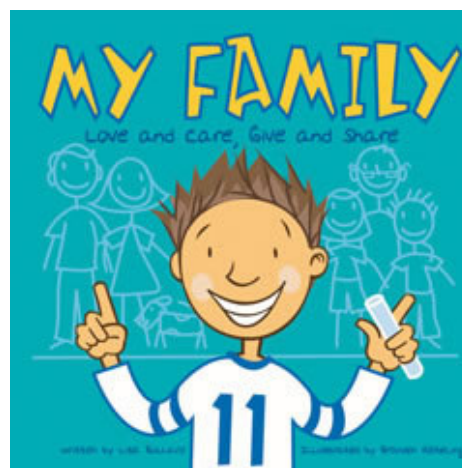
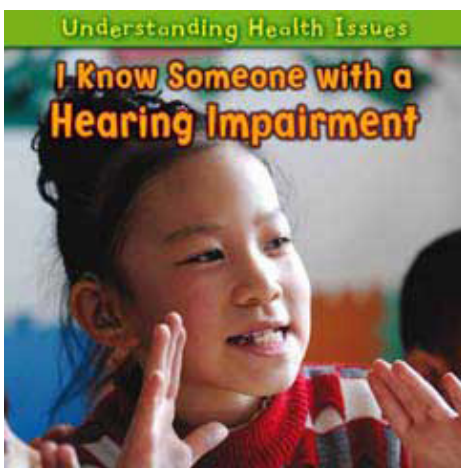
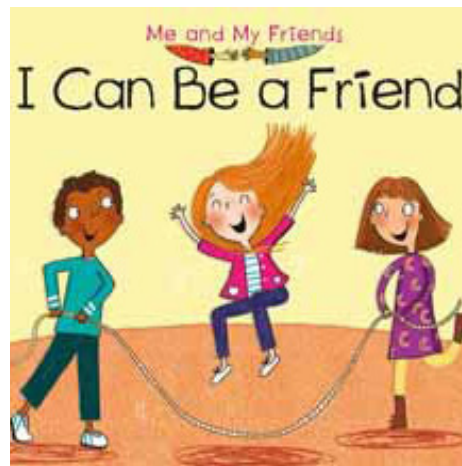
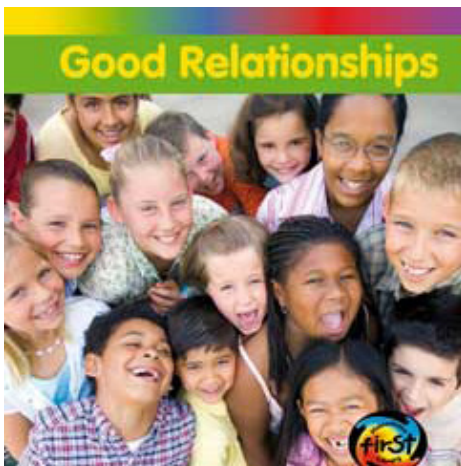
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# Skill of Empathy

## Power of Acceptance

1. The moment is as it is.
2. Resisting the moment as it is creates upset. Upset prevents you from giving empathy to others.
3. Empathy is the heart of emotional intelligence.
4. Empathy is about understanding and joining with others, not taking on the pain of others as your own.
5. Until you feel your feelings you will not allow children to feel their feelings.
6. Empathy is not gentleness or sympathy. Children do not need your pity or your anger, they need you to teach them. Accept where they are and teach them to move forward.

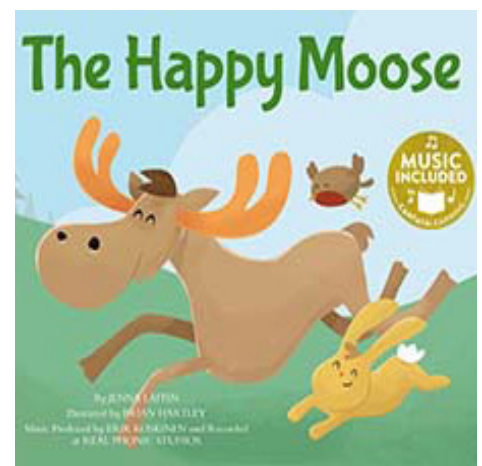
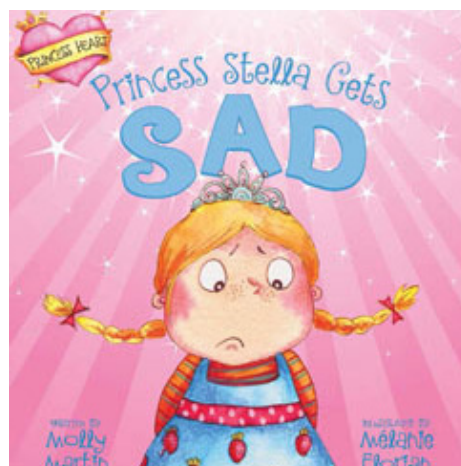
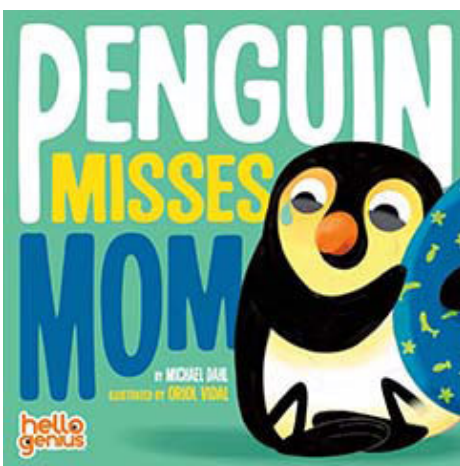
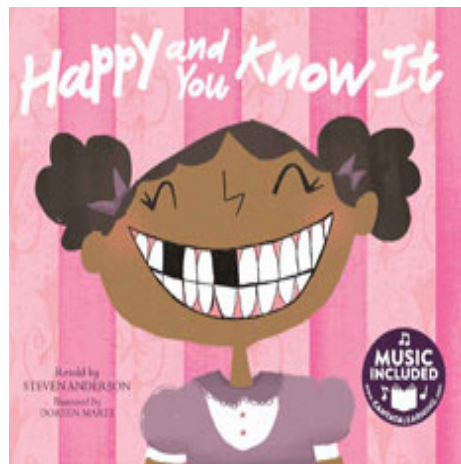


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# Skill of Positive Intent

## Power of Love

1. See the best in one another. Seeing the best enables us to see hurtful behavior from a different point of view and is the first step in transforming hurtful situations into helpful interactions.
2. What you offer to others, you strengthen within yourself.
3. Children are either extending love or calling for love (help).
4. Attributing positive intent creates teaching moments by transforming resistance into cooperation.
5. Attributing negative intent to children teaches them "oppositional" skills.
6. We must see children differently in order for them to behave differently.



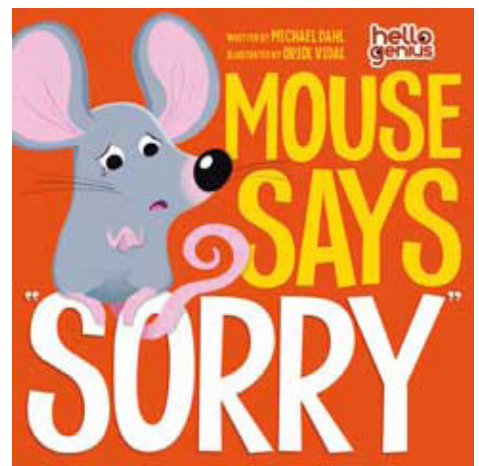
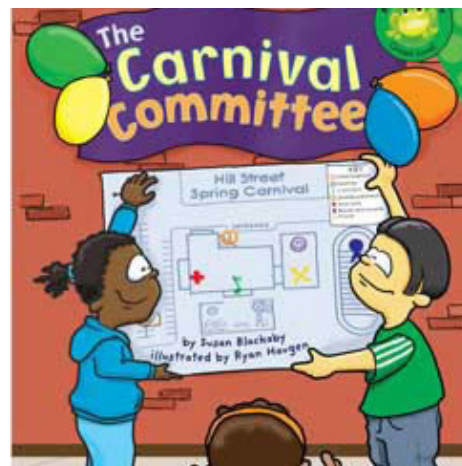
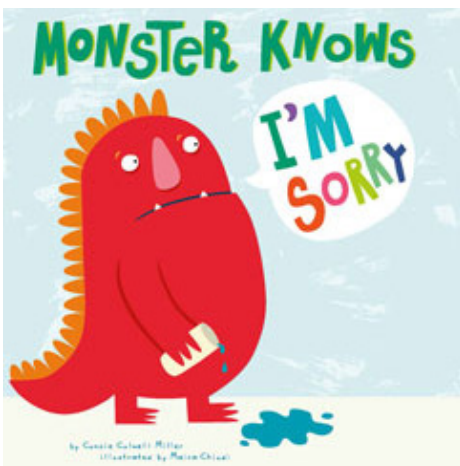
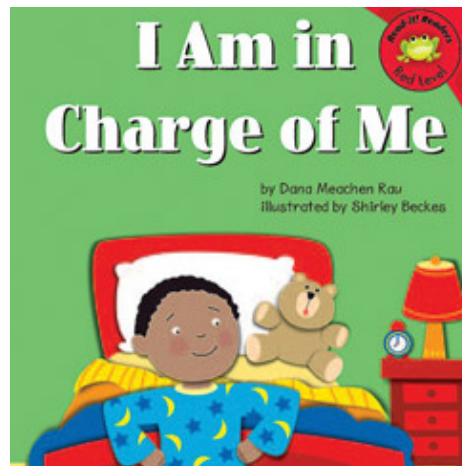
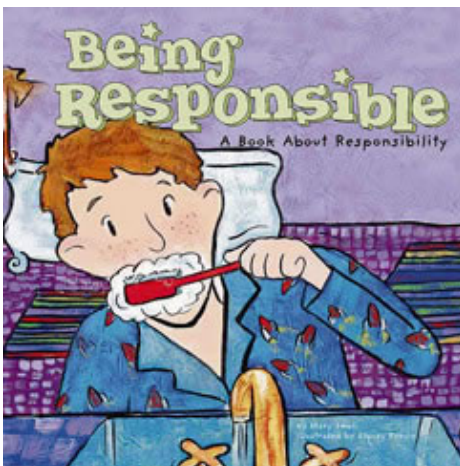
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# Skill of Consequences

## Power of Intention

1. Mistakes are opportunities to learn responsibility.
2. Punishments and rewards rely on judgements. Consequences rely on reflections.
4. Your intention (positive or negative) when administering consequences will determine their effectiveness. Consequences delivered with empathy allow children the opportunity to learn how to be responsible for their choices.
6. Consequences happen ALL THE TIME; they are anything that follows an event or action. Every thought, feeling and action has a consequence. Consciousness of the consequences is the key to change.



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