



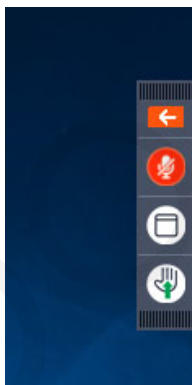


Conscious Awareness Learning Model
Based on Conscious Discipline®

**Session 2: The School Family & the 7 Powers
and Skills of Conscious Discipline®**

Funded by:  In partnership with:   

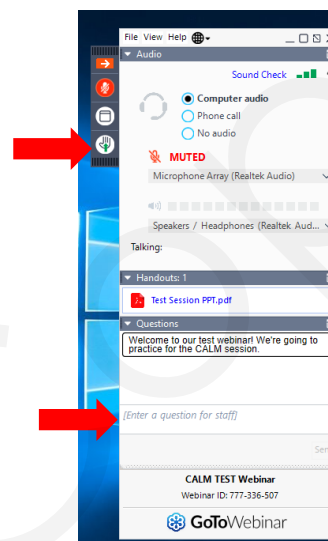
GoToWebinar



- 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.

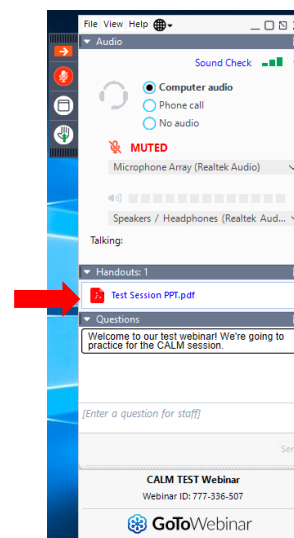
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- If you have a question at any point during the webinar, you can go to the "Questions" menu and type it out. We will have a time during the webinar to read and answer questions submitted through the "Questions" menu.



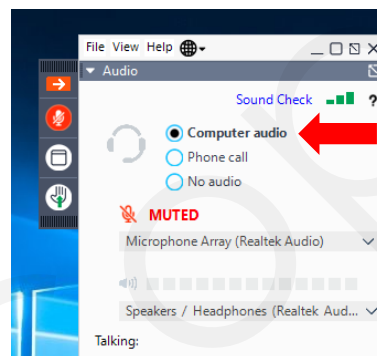
GoToWebinar

- 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/VQQ5VLN>
- Get ready!
- Children's Board Family Resource Centers - Managed by Lutheran Services Florida



Children's Board Family Resource Centers Managed by Lutheran Services Florida



Children's Board Family Resource Centers

LSF began CBFRFC operations on October 1, 2020



CBFRFC Program Provides:

- Universal access to no-cost educational and recreational opportunities
- Open Monday through Saturday at 7 locations
 - Brandon
 - Central Tampa (Ybor)
 - North Tampa
 - Plant City
 - South County (Ruskin)
 - Temple Terrace
 - Town 'N Country
- Information and referral services to community resources
- Service Coordination- families with children age 0 to 5
- Early prevention and early literacy
- Community partnerships to deliver services
- Center Services & Center-Driven Programming



Service Delivery



- National Family Support Network: Family Support Principles & Five Protective Factors
- Work in collaboration with service providers contracted directly by the Children's Board
 - Junior League Diaper Bank & Giving Libraries
 - ReDefiners World Languages - Let's Learn Spanish and Beginners English Classes
 - Family Healthcare Foundation – healthcare applications and advocacy
 - Seniors in Service – Readers in Motion
 - Math & Reading Tutoring (through March 2022)
 - Tampa Family Health Centers – Dental Clinic
- Center Services
 - Computer Lab
 - Printing/Faxing/Copying
 - Notary
 - Use of Facility
 - Service Coordination
 - Intake and Referral



St. Joseph's Children's Hospital



- Mobile Medical Clinic – physicals, immunizations, vision screenings, hearing screenings, developmental screenings, social services, healthcare navigation
- CPR/First Aid Certifications
- Car Seat Safety Classes
- Safe Sitter
- Safe @ Home
- Health & Wellness Classes





Center-Driven Activities

- Story Time
- Math Mania
- Sighting Sight Words
- Little Leaders
- Sensory Play
- Arts & Crafts
- BEE Smart
- Family Game Night
- Teen Workshops



OUR CHILDREN ARE OUR GARDEN.
THEY ABSORB OUR STRESS, JUST AS
THEY ABSORB OUR PEACE. THEY
ABSORB OUR NEGATIVITY JUST AS
THEY ABSORB OUR JOY. AND WE
HAVE THE POWER TO CONTROL
WHAT THEY ABSORB, BUT FIRST,
WE MUST TEND TO OURSELVES.
RACHEL MACY STAFFORD

We Must Pause and Take in Sunshine



2020-2021 Q.E.S. Year in Review

Generously funded by The Children's Board of Hillsborough County,
in partnership with CALM, ELM & HCC



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:

SAFETY

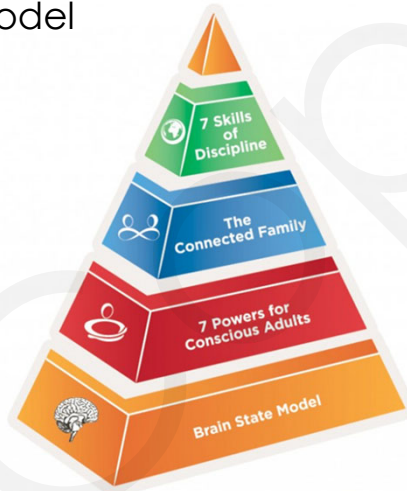
CONNECTION

PROBLEM
SOLVING



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**

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?**



The Executive State

Did you know?...

When we coach children to resolve conflicts respectfully, we enhance and activate the higher centers of their brains.

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

Temperament

- **Temperament** - describes the way in which a child approaches and reacts to the world. Their style which determines how they react to situations, and expresses and regulates emotions.
- Characteristics of **temperament** include activity level, distractibility, adaptability, sensitivity and quality of mood

Temperament

- The key to understanding behavior
 - Increase your knowledge in child development
 - Approach teaching knowing each child is unique
 - Providing responsive care and developing a close, caring relationship



"Being born a human does not ensure a child will become humane." Dr. Bruce Perry

Child Flourishing Symposium 2014
University of Notre Dame
Shaw Center for Children and Families



@FamilyHomeorg

"The capacity to care, to share, to listen, value and be empathic — to be compassionate — develops from being cared for, shared with, listened to, valued and nurtured." <https://tinyurl.com/ChildPerry2014>

How Brains are Built the Core Story of Brain Development



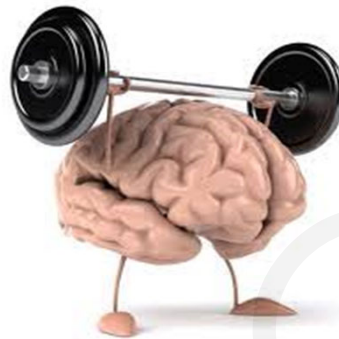
Every child has a different
learning style and pace.
Each child is unique,
not only capable of
LEARNING
but also capable of
succeeding.
ROBERT JOHN MEEHAN

"Fairness to infants is not treating each child the same.
Understanding temperaments is the key to all
relationships."

- J. Ronald Lally, Ed.D.



Use it or Lose it



The ♥ of Early Brain Development

Early brain development is directly influenced by babies' day-to-day interactions with their caregivers.

(Shonkoff & Phillips 2000)

If baby's expectations are less than adequately met, their confidence in getting their needs met through relationships may be challenged. **When this occurs, emotional and social development suffer, and, because babies' emotional base is the foundation for all other learning, so do intellectual and language development.**

(Greenspan 1990; IOM & NRC 2015)

Every Opportunity



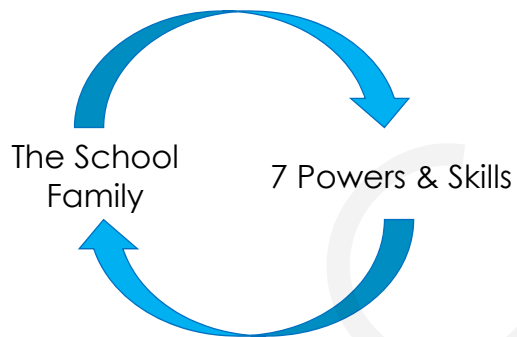
Setting Up Our Classrooms For Optimal Learning

- 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®*

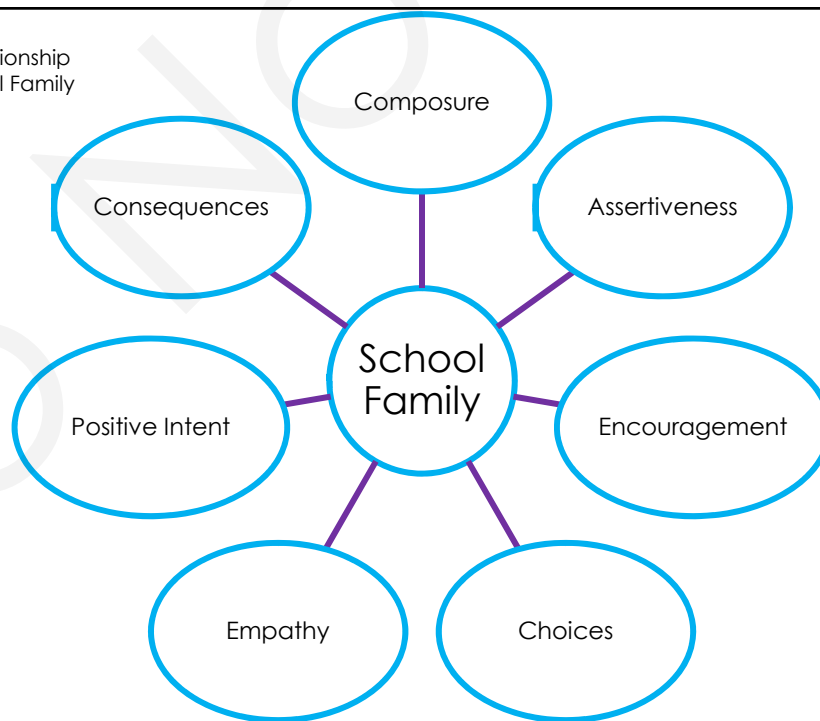


The School Family

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



Reciprocal relationship
between School Family
and Seven Skills



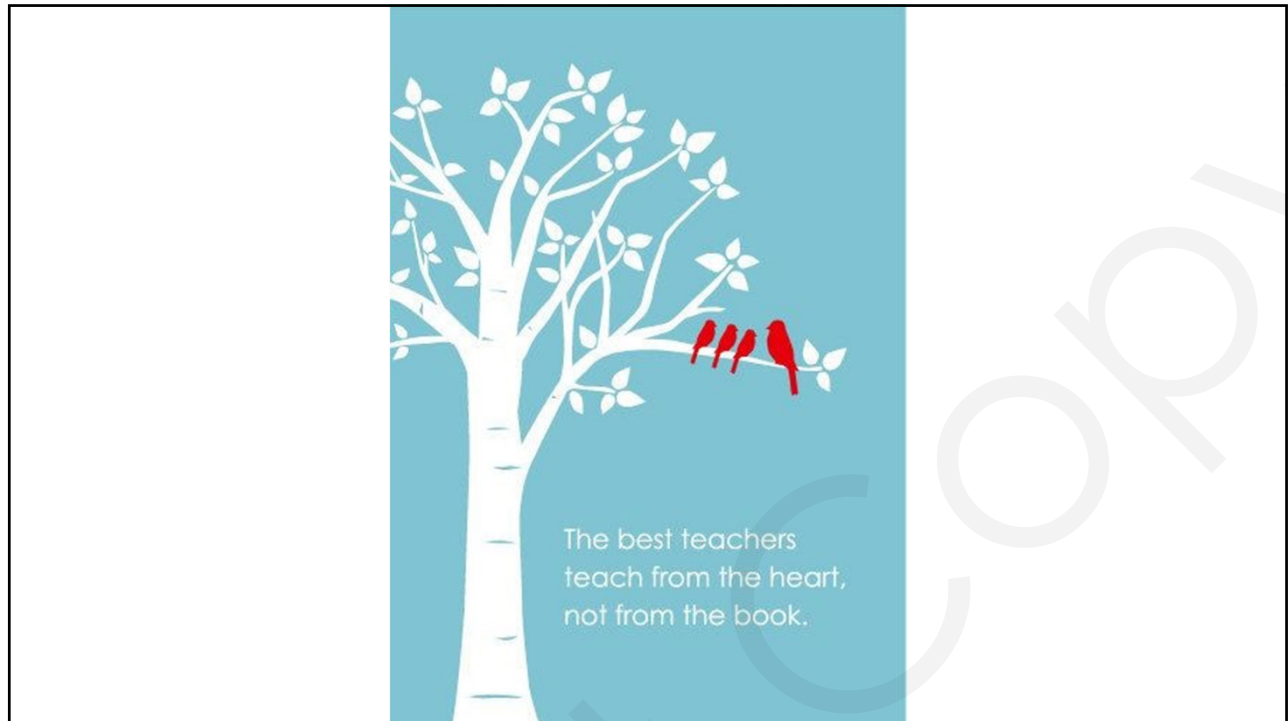
Discussion

- Who is in your family?
- What made you feel **safe**, **connected**, and a **valuable** member of your family?



Which classroom looks more connected?





ABCs and “What about ME?”

The single most important in-school factor for learning is the **quality of the teacher/student relationship**



The School Family Win-Win

- For children who already have a **balanced family life**, the **School Family Model** strengthens the skills they bring to the classroom
- If a child has been **traumatized** or **lacks healthy relationships at home**, the **School Family Model** provides a sense of **safety** and **belonging**

The 4 C's of The School Family

- **C**aring
- **C**onnection
- **C**ontribution
- **C**onflict resolution



Benefits of School Family Model

- Optimizes brain development
- Embeds resilience into the school culture
- Helps heal the cycle leading from loss to violence
- Fosters conflict resolution skills
- Promotes the effectiveness of consequences
- Models and teaches our highest values
- Models shared power and democracy
- Reignites the inherent joy of teaching and learning

The School Family – Optimizes brain development

- Connections on the outside build neural connections on the inside
- Connections wire the brain for willingness and impulse control

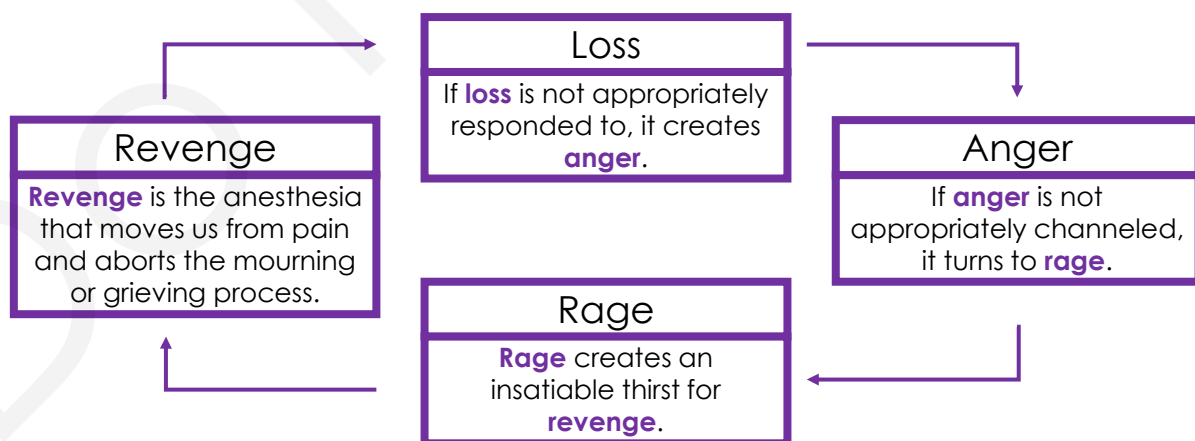


The School Family – Embeds **resilience** into the school culture

- **Safety** and **connected** relationships
- **Listening** to tears and offering **guidance** helps children develop **emotional resiliency**



The School Family – Helps heal the cycle that leads from loss to violence



The School Family – Fosters conflict resolution skills

A compassionate school culture motivates children to problem solve.

Jeremy shoves Carla in line:

Teacher coaches Carla to say, "I don't like it when you shove me Jeremy. Please walk slowly behind me in line."

Teacher coaches Jeremy with, "You wanted her to walk faster. You may not shove. Shoving hurts. When you want Carla to move faster, say, "Carla, please move up closer to the others. We are too far back in line."



Kids need love the most when they're acting most unlovable.

Erma Bornbeck

quote fancy

The School Family – Promotes the effectiveness of consequences

The way a child feels (angst) about the result of his/her actions (consequences) becomes the driving force for learning a better way to handle the situation



The School Family – Models and teaches our highest values

- Being of service to one another
- Focusing their attention on daily acts of kindness
- Learning to resolve interpersonal conflicts effectively
- Experiencing being indispensable through daily jobs
- Authentically connecting face-to-face with friends
- Offering empathy on a daily basis
- Integrating music, movement and brain breaks into the daily schedule to foster optimal learning states

The School Family – Models shared power and democracy



The School Family – Reignites the inherent joy of teaching and learning



The School Family

Creates **optimal learning** through
High Challenge combined with **Low Stress**



Poll

Think back to your school days...

Were you the good, the bad, or the invisible child?



How did that feel to you?

Let's expand our circle of family
from one member to another



We all have responsibility and privilege in “growing children”

Creating The School Family

1. Call your classroom a School Family
2. Post a “Welcome to our School Family” sign on your door
3. Say “Welcome to our School Family” whenever someone new comes in
4. Name or have your students name your School Family
 - The Red Robin School Family
 - The Buddy Bear School Family

Building The School Family

Routines

Teach expected behaviors



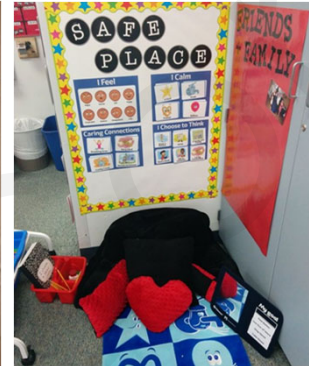
Rituals

Build connections



Structures

Meet needs of **all** children



The School Family Structures

The foundation of **emotionally intelligent** classrooms

- Friends and Family Board
- Greetings Ritual
- The Safekeeper
- Brain Smart Start
- Visual Rules and Routines
- Ways to be Helpful Board
- Safe Place
- Wish Well Rituals
- School Family Rituals
- Job Board
- Time Machine
- Celebration Center
- We Care Center
- Class Meetings
- Kindness Tree

Goal of The School Family

To create environments where children are able to **process** their emotions and **transform** their inner states while **maximizing** learning opportunities



Create classroom environments that...

- Provide children and adults with the opportunity to see themselves as part of a School Family that is an extension of the home family
 - **Friends and Family Board & School Family Rituals**
- Provide systems where children can celebrate successes, achievements and events they deem important
 - **School Family Rituals & Celebration Center**
- Provide children and adults with an abundance of images showing expected behavior
 - **Visual Rules and Routines & Ways to Be Helpful Board**
- Provide children and adults with an opportunity to change negative inner states into positive, optimistic states for optimal learning
 - **Brain Smart Start & Safe Place**

Create classroom environments that...

- Provide adults and children with a process for conflict resolution and problem solving
 - **Time Machine & Class Meetings**
- Promote supporting and caring for one another
 - **Ways to Be Helpful Board, School Family Rituals & We Care Center**
- Provide children with the opportunity to contribute to and be responsible for the safe, smooth running of the classroom
 - **Safekeeper, Visual Rules and Routines, Job Board & Class Meetings**

Light up your Family Tree!



Brain Smart Start

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



Activities to Unite

- Attendance Ritual
- Uniting Song
- Pledge
- Class Chants
- Stories
- Celebrations/Successes



Activities to Unite

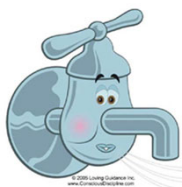


CALM Community Watch Parties



Activities to Disengage Stress

- Belly-breathing activities
- STAR, Balloon, Drain & Pretzel breathing
- Stretching
- High energy songs
- Yoga moves

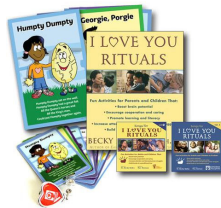
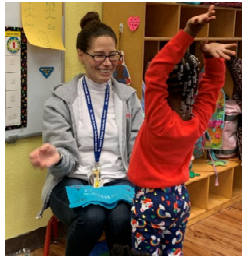


Activities to Disengage Stress



Activities to Connect

Eye contact, Touch, Presence, Playful



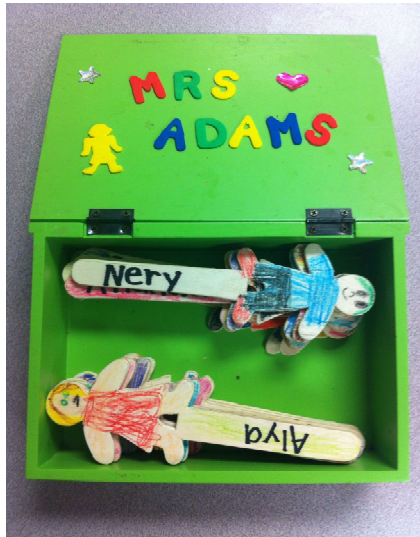
Activities to Commit

Prime the brain for success and actively engage the prefrontal lobe with commitments

- Group (Safekeeper)
- Individual →



Activities to Commit



Commitments Check-up



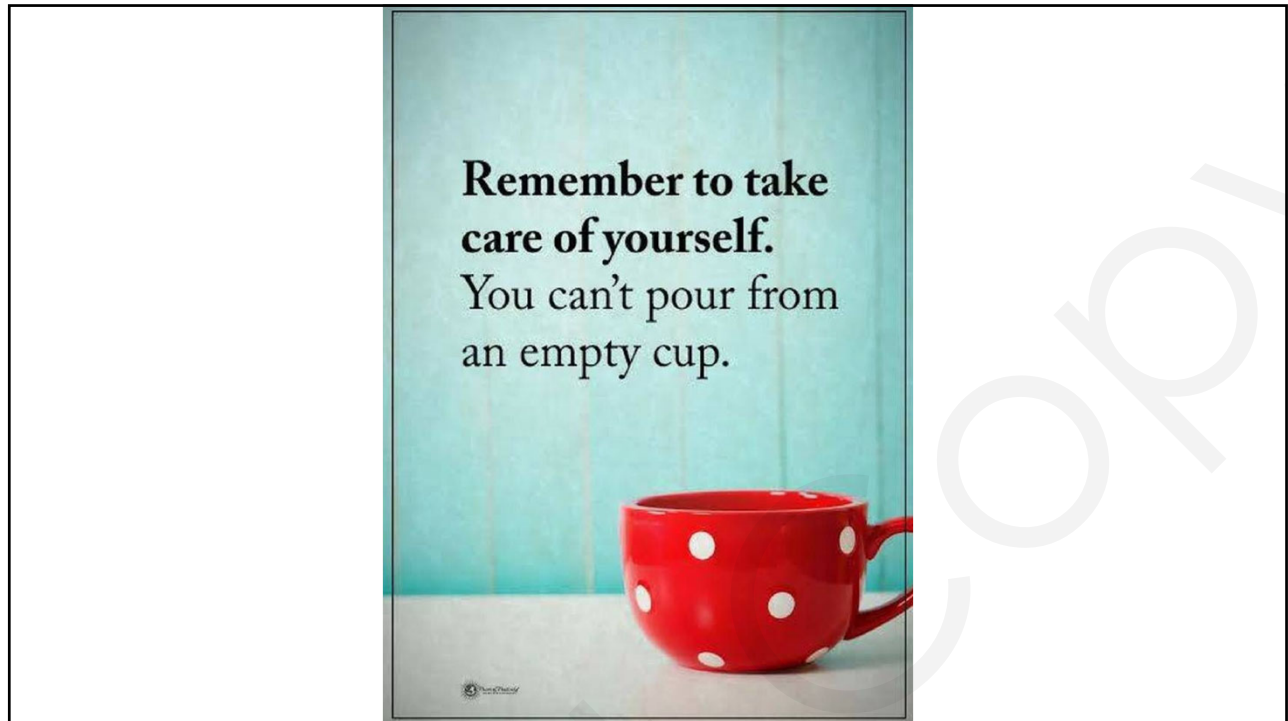
I did it!



OOPS!
Time to practice!

Safekeeper Ritual

- Safekeeper is a **job description**
 - Change from **control** to keeping child **safe** and helping him/her become **successful**
- Must:
 - Be a **STAR**
 - Be **aware** of **triggers**
 - **Notice** instead of **judge**
 - Use language of **safety** not **fear**
 - See **conflict** as an **opportunity to teach**



Taking Care of Yourself

Ways to Improve Happiness Throughout the Day

Shawn Achor *The Happiness Advantage*

Meditate - can permanently rewire brain for happiness, lower stress, improved immune function

Find something to look forward to

Commit Conscious Acts of Kindness

Infuse Positivity into your surroundings

Exercise - releases pleasure-inducing endorphins

Exercise a signature strength

The Gift of Gratitude

**It's not enough to only
teach academics.**

Happier kids and staff
make better learners
and teachers.

GRATITUDE

- Reduces stress and depression
- Boosts productivity
- Increases optimism and social connections

Happiness Habits

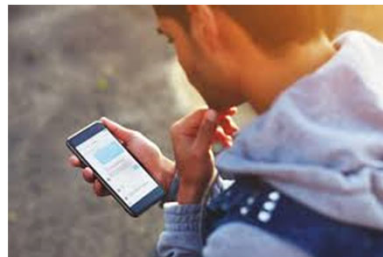
Gratitude Journal

Write 3 new things you are
grateful for every day



Express Gratitude to Someone

Express gratitude to someone
once throughout the day



“
When you learn
how to slow down,
you go further.



- Dr. Bruce Perry
Being Well Podcast

Group Commitment

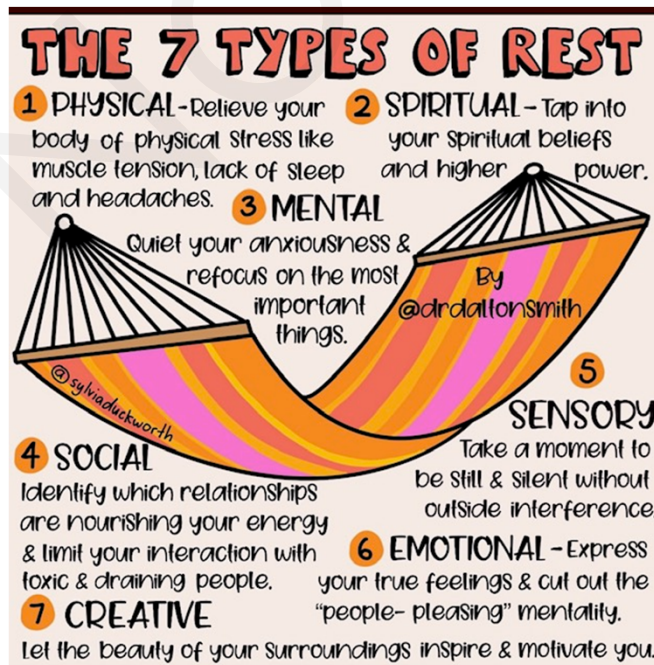
We are willing to take the first step in building the **School Family** by making that shift from **rewards** to **relationships** and from **control** to **connection**.

We understand this is not an easy process. When we make mistakes, which we will, we will allow ourselves an **“OOPS!”**.



Happy

Pharrell Williams
Happy





*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)

Recognize

Become still and notice what's happening in the present moment

- "What's happening inside me?"

Focus your attention on whatever thoughts, emotions, feelings, or sensations you are experiencing:

- Distressing thoughts, anxious feelings, hurt, confusion, sorrow, or numbness

Allow

- Agreeing to Pause
 - "Can I be with this?" or "Can I let this be?"
- Being mindful of your breath will help stay with feelings in your body

Practice
the Power of YES!

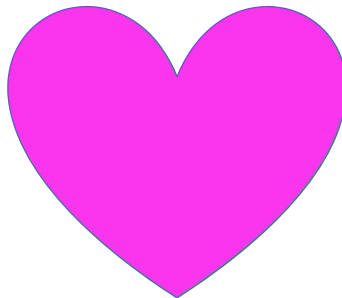
Investigate



Making a U-Turn
From thoughts to ask
“Why am I feeling this way?”
“What do I need most right now?”

Nurture

Give yourself care and reassurance!



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

Katie Reed

New Ways November 2021

MONDAY

1 Make a list of new things you want to do this month

TUESDAY

2 Respond to a difficult situation in a different way

WEDNESDAY

3 Get outside and observe the changes in nature around you

THURSDAY

4 Sign up to join a new course, activity or online community

FRIDAY

5 Change your normal routine today and notice how you feel

SATURDAY

6 Try out a new way of being physically active

SUNDAY

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word 'yet'

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

Build Each Other Up, So We Pass It On



We are family

bound to humanity
as a whole as well as
to the earth, the
plants, and animals
that share it with us.

- John Perkins

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

Connecting Parents to the Classroom with Naomi 6:03

Camping Inside with Ms. Kellie 6:14

CALM in Action at The Growing Tree Academy wit... 6:27

Chalk Drawing with Ms. Amy 2:38

¿Cómo me siento? con la Sra. Esther 1:42

Using the We Care Center with Ms. Natasha 6:58

Reading Shubert's New Friend with Ms. Amy 14:45

Reading One Fish, two fish, red fish, blue fish with Ms... 7:08

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

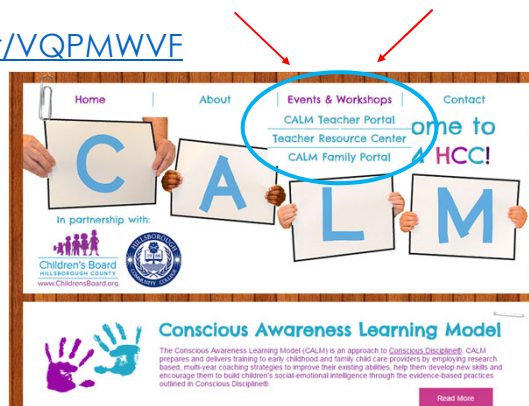


End of Session – Instructions

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/VQPMWVF>
- Register for other workshops:
 - QEES Business Management November 13th
 - ELM November 18th
- Website
 - Register
www.calmhcc.org/register
 - Teacher Portal
www.calmhcc.org/calm-teacher-portal
 - Resource Center Password: [CalmHCC](#)



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