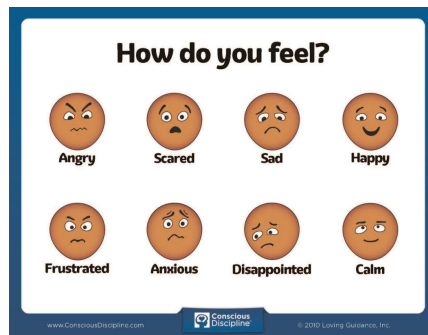


Commotion

or

Emotions?



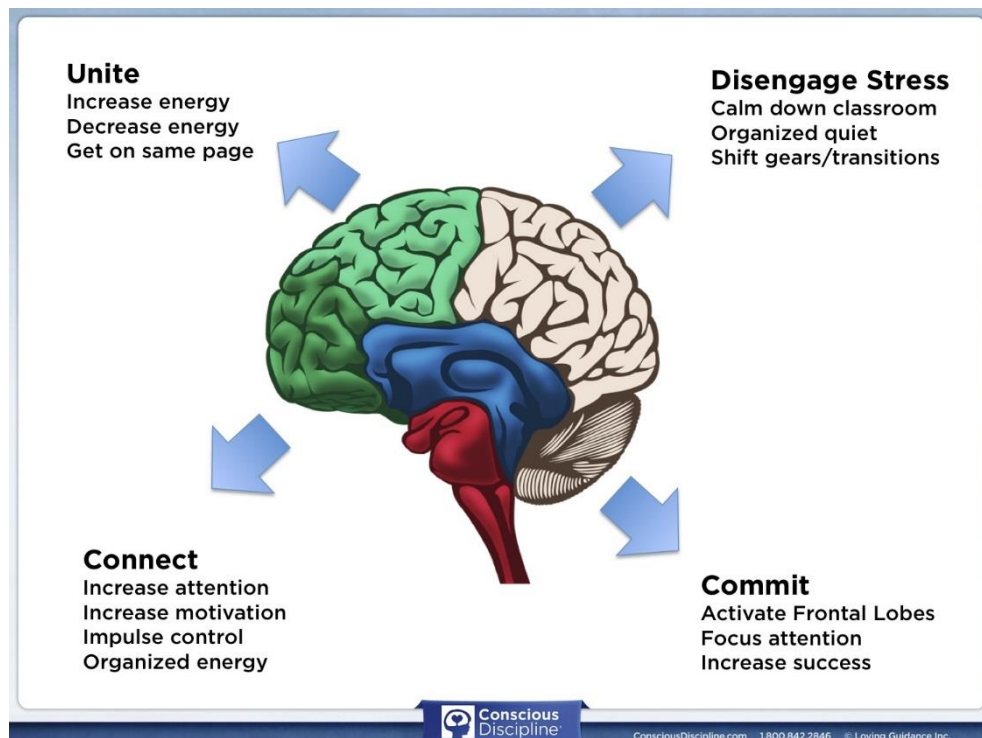
Sharing A Vision, October 3rd, 2013 Springfield, Illinois

State Conscious Discipline© Certified Instructor, Leslie Groth Growth Possibilities in Conscious Discipline©

GrowthPossCD@aol.com 217-544-1676 www.consciousdiscipline.com 1-800-842-2846

Brain Smart Start

1. Activity to _____.
2. Activity to _____.
3. Activity to _____.
4. Activity to _____.



As adults we teach as we have been taught and parented.

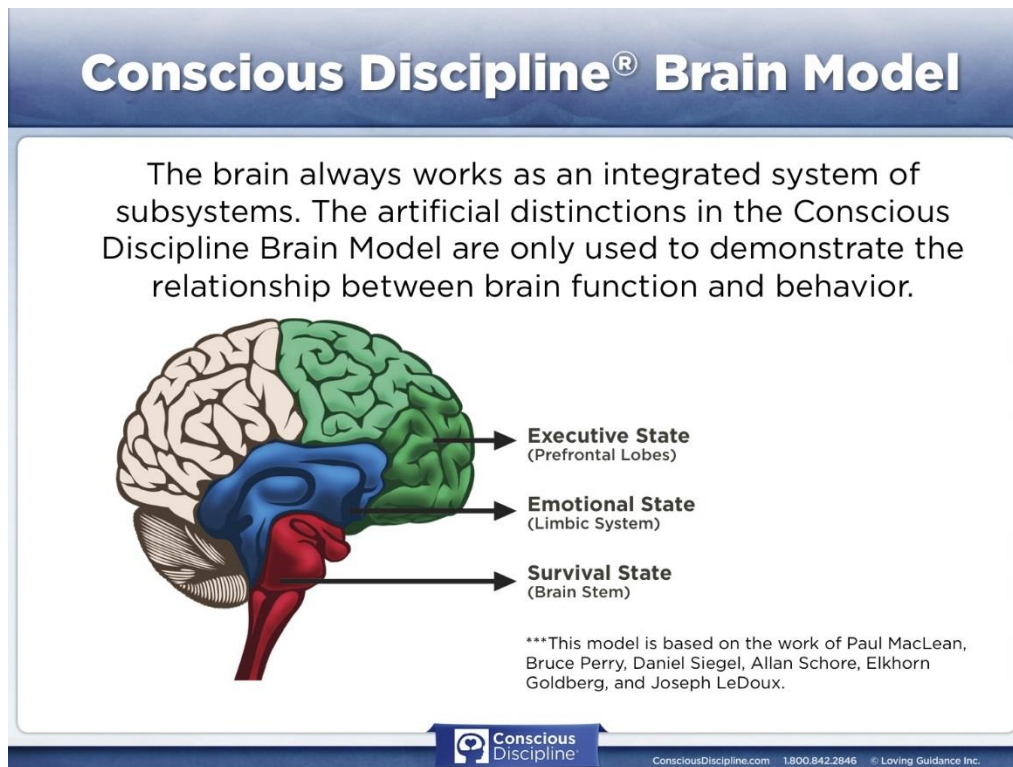
What does that mean for you?

Nurtured? Yelled at? Punished? Patience?

Hugs? Ignored? Rescued?

Accepted? Passive? Permissive??

Loved? Unconditional Love? Other? _____



Brain Model

Survival State

Emotional State

Executive State

Skills	_____	_____	_____
Question It Asks	_____	_____	_____
Developmental Need	_____	_____	_____
Age It Comes Online	_____	_____	_____

Fully Mature at age _____

Principles of Self Regulation

1. Whomever you believe to be _____

2. What you offer to _____

GOALS



1. Develop _____

2. Develop _____

3. Develop _____

Introducing the 5 Steps to Self Regulation

Step 1. I Am “triggered” by _____

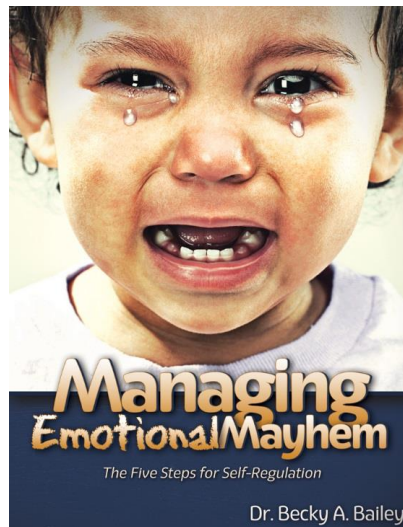
I am going to the _____.

Step 2. I Calm by _____

Step 3. I Feel _____

Step 4. I Choose (Children need help going from the _____ centers of their brain to the _____ centers of their brain) by _____

Step 5. I Solve _____



Based on current brain research and behavioral psychology, the five steps to self-regulation help you transform overwhelming emotions into helpful motivators for yourself and the children in your life. Below is the five-step process for children. The adult process follows the same pattern.

Step 1:

I Am

Child is triggered into a state of upset. Emotions biochemically overtake them and they become them. "I am angry."

Step 2:

I Calm

Children need assistance in turning off the stress response in their bodies and calming down their physiology. Begin to move from "I am angry" to "I feel angry."

Step 3:

I Feel

Children need assistance in naming and taming the feelings that have overwhelmed them. Once you can name a feeling and become conscious of it, you are automatically better able to manage it.

Step 4:

I Choose

Children need assistance in choosing strategies that will help them move from the lower centers of their brain to the higher centers of their brain in order to get back to classroom activities/work.

Step 5:

I Solve

Something triggered the child into a state of upset. Whatever happened needs some type of solution.



How can we help children?

Young children have not developed _____.

Yet we are asking them to _____ without teaching them how.

With the Feeling Buddies they are _____ on themselves.

Me talking to me. Giving them their _____ for life!

Name: _____

Hello, Buddy



Hello _____
Welcome _____
Your _____ is
going like this.
You seem _____
Breathe with _____
You are _____
You can handle this.

 4.3 C • Hello, Angry
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Name: _____

Hello, Buddy



Hello _____
Welcome _____
Your _____ is
going like this.
You seem _____
Breathe with _____
You are _____
You can handle this.

 4.3 B • Hello, Sad
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Look at My Face



Look at my face,
Look at my face,
Look at my face when I feel
_____.
When I feel _____
I look like this.
This is my face when I feel
_____.

 1.2 A • Look at My Face
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The Safe Place compared to Time Out

Relate everything to SAFETY because
the brain functions optimally when the child feels SAFE.

Safe Place

Positive
Internal
Peaceful

Productive-place a child goes to compose
manage their emotions and problem solve.

Calm
Comfy, cozy, SAFE

Safe Place-Children have been taught to compose and calm and manage their emotions.

Time Out-Often kids don't know why they are there, what they are to do.

They just know they have been "bad."

We have been taught to believe in our society that if we punish children they will behave better.

There has got to be a Better Way! There is! If you are using a Time Out-do not stop.

Add a Safe Place and soon the Time Out will die a slow natural death.

Time Out

Negative
External
Shameful

Child is sent-feels shame and
unable to solve problems

Angry
Harsh, isolated

Visit www.consciousdiscipline.com or

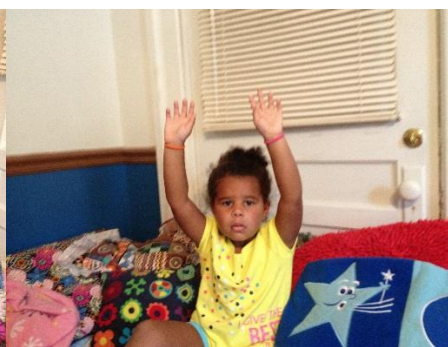
Facebook/consciousdiscipline on how to set up a Safe Place.

Or contact State Certified Instructor, Leslie Groth-217-544-1676 GrowthPossCD@aol.com

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9 year old made pillows



3 ½ year old Balloon Breathing



9 year old assisting 18 mos. old compose

My Safe Place Plan-Write down 5 things to help get your Safe Place started or upgrade the one you have-_____

How will I get the Feeling Buddies Self Regulation Tool Kit or make some Feeling Buddies?_____

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**Jingle Bells, Someone Yells, It's a Scary Day,
Conscious Discipline for us all..... We'll Learn a Better Way!**

'Tis the Season when tempers can get short, time and money are maxed out.

Take 3 hours for yourself-Parents, Teachers, Grandparents and anyone who has contact with children of all ages. This workshop is also very effective to improve personal relationships with co-workers, neighbors and spouses!

Jingle Your Bells with Conscious Discipline!

The Brain Heart Connection & Composure at Christmas for Infants thru Adults

Saturday, December 7th 1:00-4:00 p.m.

Presented by State Conscious Discipline Instructor-Leslie Groth Our Savior's Lutheran Church,

2645 Old Jacksonville Road, Springfield, Parish Hall

3 Clock Hours Credit

\$30.00 add spouse/co parent/grandparent for \$5.00 more Make check out to Growth Possibilities in C D

Babies that need Mom are welcome

Register-mail to Leslie Groth 1136 South First Street, Springfield, IL 62704 by December 1st \$5.00 more each person after

Dec. 1st. Questions? Leslie Groth-217-544-1676 GrowthPossCD@aol.com

-----clip and return with payment-----

Please Print Name_____

Need Certificate for clock hours_____

Phone_____Cell_____

E mail _____

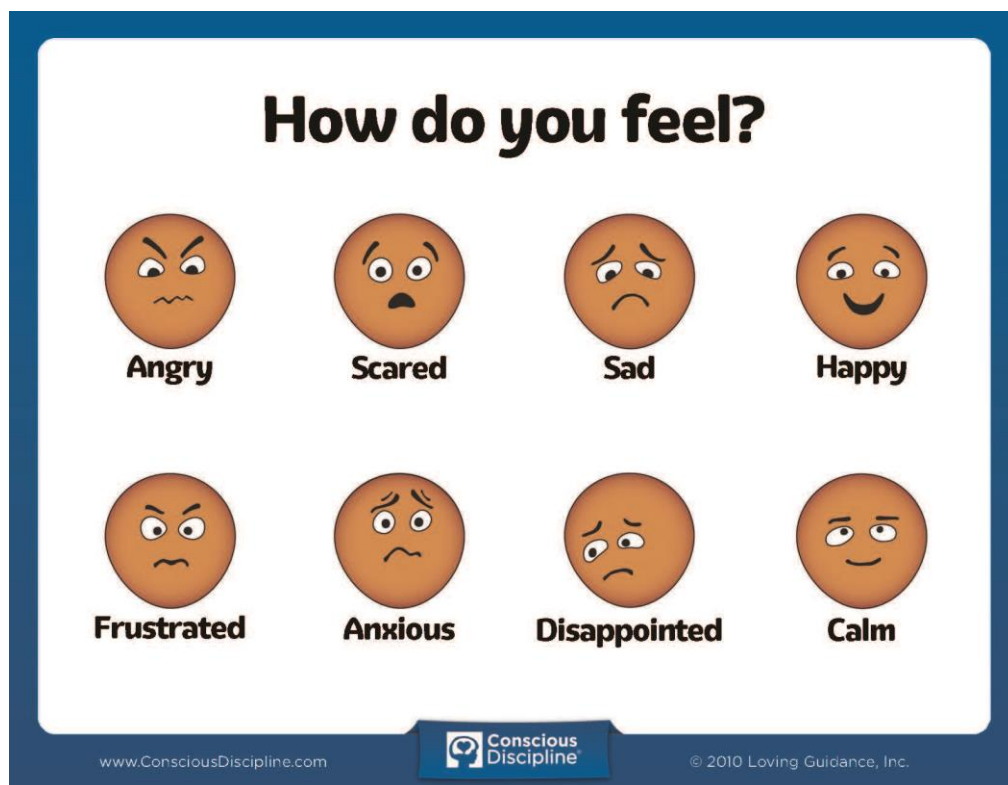
Address, City, StateZip_____

Circle all that apply Parent Teacher Grandparent Adult Wishing to Learn

Children's ages you are with_____

Evaluations Please.

Thank you for sharing your precious time today.



Wishing You Well

as you begin your journey to shift from

Commotion to Emotions.....

