

# Gill Elementary

## uses

### Conscious Discipline

Conscious Discipline is a research-based program proven to:

- Increase academic achievement
- Decrease problem behaviors
- Improve the quality of relationships for all: student to student, teacher to student, parent to child, teacher to parent, and coworker to coworker Conscious Discipline is specifically designed to teach the following:
- Teach anger management, helpfulness (pro-social skills), assertiveness, impulse Control, cooperation, empathy, and problem solving.

**Connection = Cooperation**

The motivation to behave comes from being in a relationship. Connection literally wires your brain for impulse control and willingness.

Stress for children is reduced through a sense of belonging. We have consciously designed our classrooms to build a sense of connectedness and safety to manage children's stress levels.

Gill teachers and staff tell children, **"My job is to keep you safe, and your job is to help me keep it that way."**

Each room in the school has a **Safe Place** that provides the opportunity for children to remove themselves to become calm, regain composure and maintain control when upset, angry or frustrated. Children come there to become helpful and not hurtful to themselves and others.

The Safe Place is NOT a punishment, "naughty corner" or time out...**it is somewhere a student can go to regain composure.** While they are there, they can do one of the breathing exercises. Breathing icons are used to teach student to calm themselves. When we are stressed we move from a problem solving state to a state of fight or flight. Deep breaths can pull us back to consciousness faster and calm us down.

Conscious Discipline builds self-esteem by addressing children's universal need to be generous and contributing members of a group. Each child holds a job and is responsible for the effective running of the classroom.

Conscious Discipline is a way of organizing schools and classrooms around the concept of a School Family. Each member of the family—both adult and child—**learns the skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs and getting along with others.**

The change is from a traditional compliance model of discipline, relying on lower brain center approaches of threat and force, to a relationship-based community model that relies on higher-order thinking skills. Conscious Discipline educates adults by establishing an understanding of brain development. Once a basic knowledge is established, Conscious Discipline then draws out the relationships between brain development, learning and behavior. Ultimately, Conscious Discipline uses this information to deliver specific ways to create safer, more caring and more responsive environments for schools, homes and workplaces.