

Conscious Discipline[®]

Power of Self Control	Value	Basic Discipline Skill	Life Skill/Emotional Development	Purpose	Key Phrases
Perception: No one can make you angry without your permission	Integrity	Composure: Being the person you want children to become	Anger Management	To remain calm enough to teach children how to behave by example	S – Smile T – Take a breath A – And R - Relax
Unity: We are all in this together	Interdependence	Encouragement: Building a family at school or home	Healthy Relationship with others	To create a sense of belonging for ALL children and adults	You did it! You __ so __. That was helpful.
Attention: What you focus on, you get more of.	Respect	Assertiveness: Setting limits respectfully	Healthy Boundaries	Set limits and expectations	Did you like it?
Free Will: The only person you can make change is yourself	Empowerment	Choices: Building Self Esteem and Willpower	Self esteem and will power; reduced impulsivity	Empowers children while setting limits	You may ___ or ___. What is your choice?
Love: See the best in others	Diversity	Positive Intent: Creating teaching moments	Positive self-image and ability to trust	Create teachable moments especially with difficult children	You wanted ___. You may not ___. When you want ___, say ___.
Acceptance: The moment is as it is	Compassion	Empathy: Handling the fussing and fits	Self-control and higher cognition	Help children accept and process their feelings so as to see the world from others' perspectives	You seem _____. Something _____ must have happened.
Intention: Mistakes are opportunities to learn	Responsibility	Consequences: Helping Children Learn from their mistakes	Understand cause and effect relationships	Help children reflect on their choices and motivate them to make changes in their behavior	If you choose to _____, then you will _____.