



ConsciousDiscipline®

Start Your Day the Brain Smart® Way

For All Ages

Presented by: Kim Johnson, Conscious Discipline Master Teacher

Brain Smart® Start Physiologically & Neurologically helps us Change States

Brain Smart® Start Attunement for all Interactions

- **Activity to Unite:** Are we on the same page? Unite through joint attention.
- **Activity to Disengage Stress:** Are the children organized or in distress? Download calm.
- **Activity to Connect:** Are children responding to connection? Requires attunement.
- **Activity to Commit:** Am I present, preoccupied or dismissing their inner state?

Brain Smart® Start Symbolic Values

- ♥ **Activity to Unite** → **We value our humanity**
 - *Builds affiliation & safety (endorphins)*
- ♥ **Activity to Disengage Stress** → **We value safety**
 - *Prepares brain for cortical learning*
- ♥ **Activity to Connect** → **We value each other**
 - *Helps to maintain focused attention & motivation to learn*
- ♥ **Activity to Commit** → **We value and respect difference**
 - *Produces serotonin; teaches responsibility*

Brain Smart® Start

- Occurs at the beginning of school day
- Occurs at other times during the school day