



ConsciousDiscipline

Using M.A.P. Leads to Safety

Audience: Grades K-2

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POWER	SKILL	STRUCTURES
Attention	Assertiveness	<ul style="list-style-type: none"> • M.A.P. • Class Books • Brain Smart® Start



To get to where you're going use a M.A.P.

M = **M**odel the behavior, routine or procedure you want to see.

A = **A**dd visuals to SHOW children what expectations look like.

P = **P**practice, practice, practice!

WEEK 1: Establishing Safety with Structure First

Adult Goal: Provide children with a sense of safety through predictability.

- Create visuals for arrival routine
- Younger child = fewer steps

First	Next	Then	After That	Then	Finally

What other classroom routines/procedures will children follow?

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WEEKS 2-6: Agreements and Rules

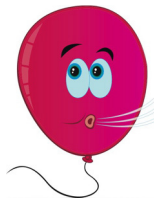
Adult Goal: Continue to support safety using the **M.A.P.** process.

- Think about other places at school that can be chaotic.
- Create agreements for each of these locations.
- Create books or posters with visuals to support success.
- Practice, practice, practice!

Implementation Plan: Brain Smart® Start

Activity to Unite: Everyone on the same page!

Activity to Disengage Stress: Belly Breathing to download calm.



Activity to Connect: Building impulse control and willingness.

- Eye Contact
- Touch
- Presence
- Playfulness or Playful Situation

Activity to Commit: Foster ownership and responsibility.

Occurs at the beginning of the school day or other times organization is needed.

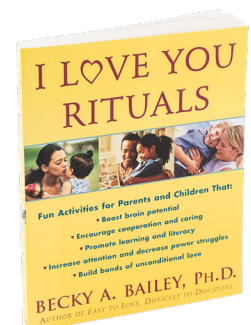
WEEK 1: Introducing the Brain Smart Start

Adult Goal: Helping children change their brain states for optimal learning.

- Begin by teaching children the reason for and components of the Brain Smart Start
- Unite: “This is My School Family”
- Disengage Stress: Teach S.T.A.R. breathing
- Connect: “Watch Me Listen”
- Commit: Today I commit to _____

WEEKS 2-6: Building Safety and Connection within the School Family™

- Continue to remind children how the Brain Smart Start helps organize their brains for optimal learning.
- Each week:
 1. Teach one of the four main breathing techniques.
 2. Introduce S.T.A.R. Breathing Helper Job and Cubes.
 3. Teach a new *I Love You Ritual™* or “Brain Poem” connecting activity.

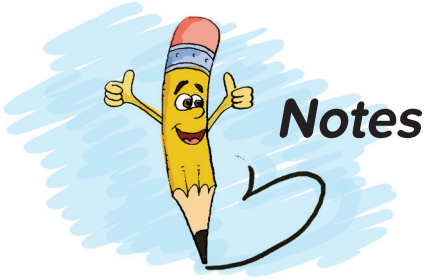


My Plan for the First Six Weeks

WEEK	MATERIALS
Week 1:	

My Plan for the First Six Weeks

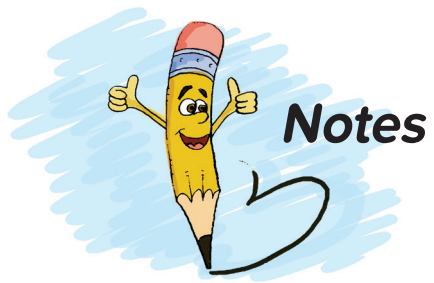
WEEK	MATERIALS
Week 4:	



Notes

Lined writing area consisting of 22 horizontal lines.





Five horizontal lines for writing notes.

Multiple horizontal lines for writing notes.

