

Building a Conscious Discipline Classroom in a Virtual World

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Learning can happen anywhere.

"We cannot control all that happens to us, but we have absolute control over how we respond to the changes in our lives." – W. Christopher Waddell



The "heart" of our teaching remains the same. Creating safety wires the brain to be able to learn. Building connections and belonging enables us to be willing to learn. So, how can we do this virtually?

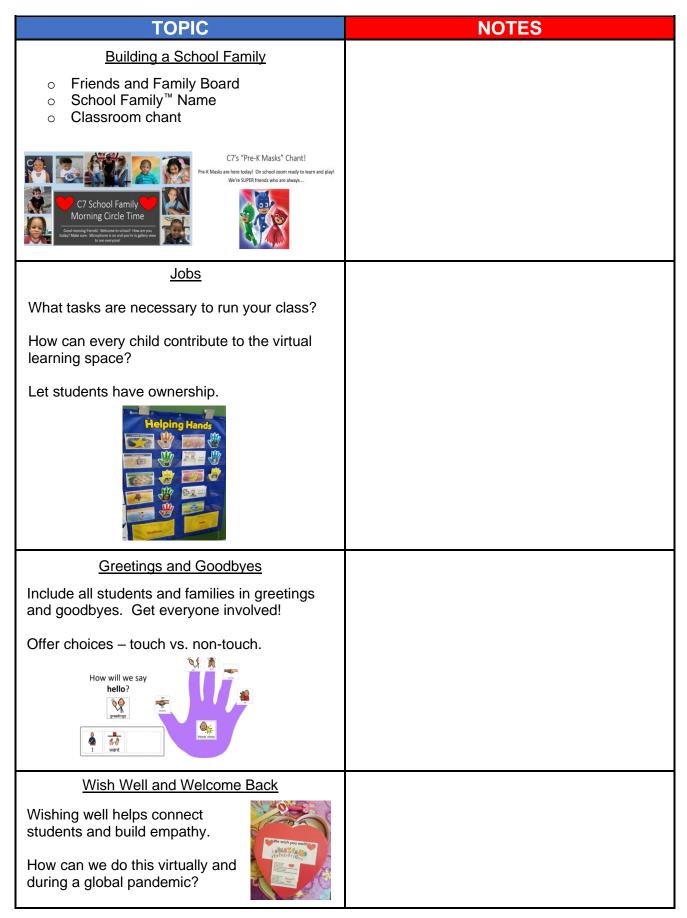
Establishing **Safety** Virtually:

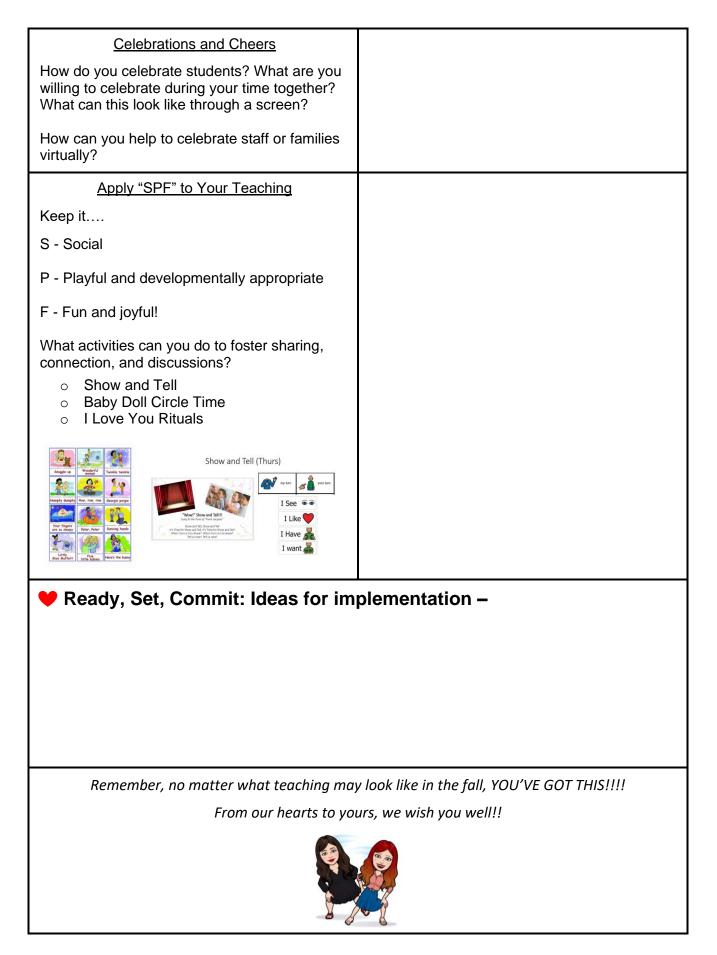
ΤΟΡΙϹ	NOTES
Visual Routines and Procedures	
What classroom structures do you introduce to students so they feel safe? Which ones are still needed virtually?	
How do you communicate expectations to both students and families?	
 Model and use DNA (<u>D</u>escribe, <u>N</u>ame, and <u>A</u>cknowledge) for the behaviors you wish to see 	
 M.A.P. (<u>M</u>odel, <u>A</u>dd visuals, <u>P</u>ractice) procedures 	
1 2 3 4 5 6 7 8 Image: Decide deeps Image	
Safekeeper	
"My job is to keep you safe. Your job is to help keep it safe."	
How does this look and feel virtually? How do we expand our Safekeeper role and rituals to include family members, siblings, etc. who may be with the child during instruction?	

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Create Class Agreements
What will support the learning in this space?
How will you make these clear with children and families?
When do you teach, review, and acknowledge?
(YMCA tune – sing twice) We will be safe, kind , and helpful (x2)
We will be safe. We will be safe. We will be kind. We will be kind. We will be kind. We will be kind. We will be helpful all the time. We will be helpful all the time.
Brain Smart Start
How do you start your class sessions together?
How do you get everyone on the same page and ready to learn?
 Activity to Unite Activity to Disengage Stress Activity to Connect Activity to Commit
Modeling "Safe Place" and Discussions – Coaching Families!
Explicitly discuss and model talking about feelings, conflicts, and problem solving.
How can you work through "big feelings" virtually?
How can families help to model and support?
I feel (2) (2) (2) (2) (2) (2) (2) (2) (2) (2)

Establishing **Belonging** and **Connection** Virtually:





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