

Conscious Discipline for Every Learner: Including Children with Special Needs

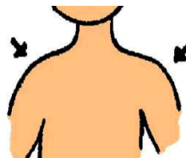
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Brain Smart® Start

- 1) **Unite:** Let's Get the Rhythm
- 2) **Disengage Stress:** 4-7-8 Breath
- 3) **Connection:** Pass the Clap
- 4) **Commitment:** "I am willing!"

Let's get the Rhythm

Energizers – Responsive Classroom



- 1) Let's get the rhythm of our knees
- 2) Let's get the rhythm of our knees
- 3) Let's get the rhythm of our knees "if you please"
- 4) Let's get the rhythm of our knees

• **Next:**

- Shoulder- "Big Boulders"
- Head – "Oh Dread"
- Feet – "How neat"

Disengage Stress

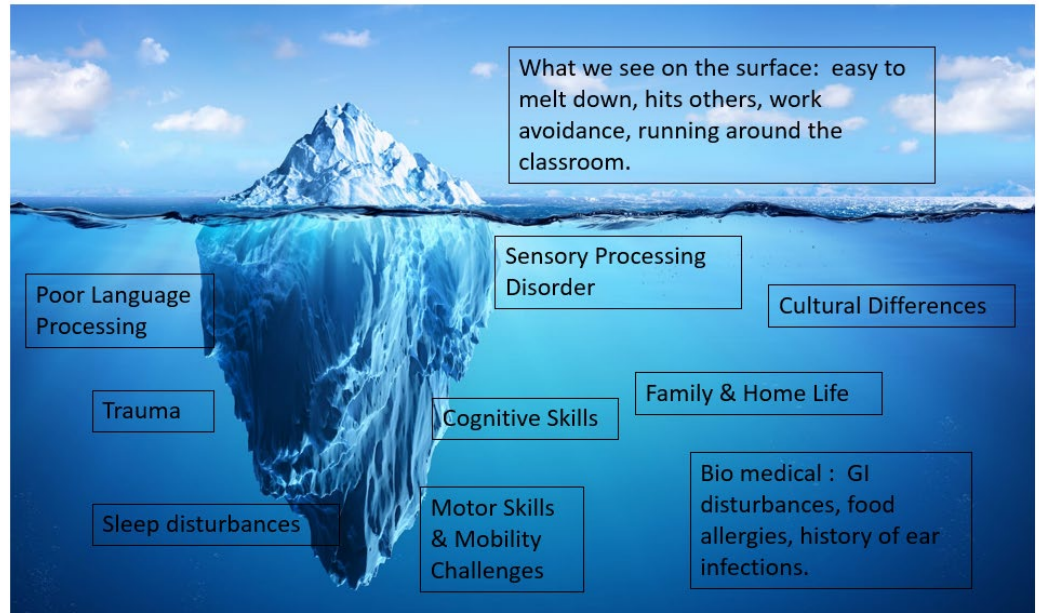
4-7-8 Breathing

Created by Dr. Andrew Weil this is breathing exercise to help you relax:

1. First, let your lips part. Exhaling completely through your mouth.
2. Next, close your lips, inhaling silently through your nose as you **count to 4**.
3. Then, for **7 seconds**, hold your breath.
4. Make another whooshing exhale from your mouth for **8 seconds**.

This is one repetition. Try to do at least 4.

Understanding individual differences in our students is a key component in supporting them for success in our classrooms.



Wish Well Board

Home

We wish you well!

School

Visual Routines for attendance, morning meeting, social skills, and learning Wish Well

Utilize visual supports to structure transitions to send signals of safety to Survival State.

Structuring Transitions to Support the Nervous System

| First | | | Then | | |
|-----------------|---|---|----------------|---|--|
| Circle Time | | | Break Time | | |
| 5 | 4 | 3 | 2 | 1 | |