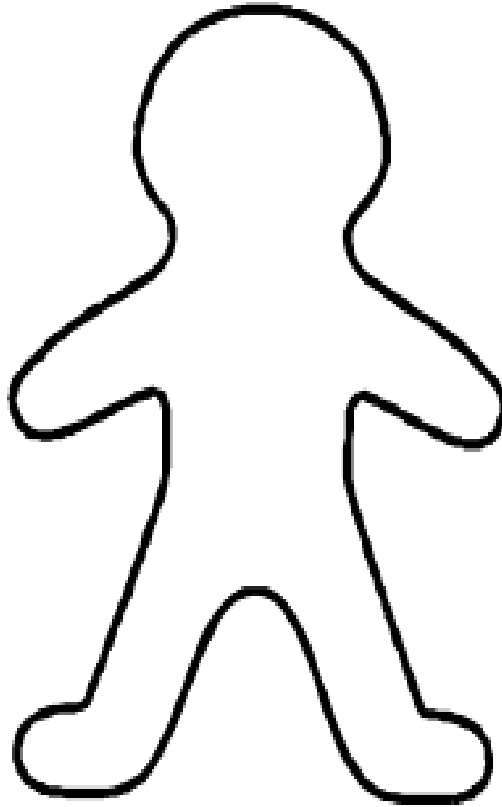


# Conscious Discipline in Middle and High Schools

Presented by: Diane Phelan, Conscious Discipline Certified Instructor, Principal San Jacinto Intermediate  
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**Teach the students AND the adults through school wide lessons and structures.**



**Where do you feel \_\_\_\_\_ ?**

Emotion	Body Location	Possible Sensations
Sadness	Throat, Chest, Belly	Lump, Narrowing Pressure, Aching, Empty
Anger	Back of Neck, Head, Shoulders, Arms, Hands	Ropes of Tension Lumps, Throbbing Temples, Clenched Jaw, Drawn in Tight Blocky, Held Back, Curled
Fear	Belly Area, Head, Face, Chest, Throat	Butterflies, Fluttering, Clutching, Heavy Ball Dizziness, Shortness of Breath, Tension around Eyes and Mouth, Mouth Dry
Joy	Chest Area, Eyes, Front of Body	Spacious, Expansive, Glowing, Clarity, Bubbling, Giggly Inside

## **JOBS:**

What are some MEANINGFUL jobs that would be helpful in your classroom? How will you set this up?

## **Visuals:**

Create a plan to create visuals where you need them.

Classroom:

Hall:

Cafeteria:

Arrival:

Dismissal:

Restroom:

## **BRAIN SMART STARTS:**

Activity to Unite:

Activity to Connect: Activity to

Disengage stress: Activity to

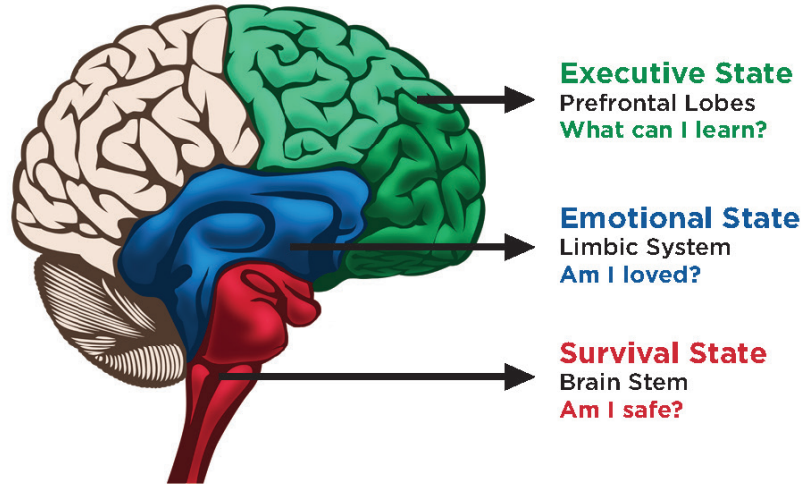
Commit:




**How will you CELEBRATE?**

**How will you WISH WELL?**

**School Wide Ideas:**

# My Brain



		
My Survival State looks like...	My Emotional State looks like...	My Executive State looks like...
This helps me feel better...	This helps me feel better...	This helps me feel better...
I feel my Survival State in this part of my body....	I feel my Emotional State in this part of my body...	I feel my Executive State body...