

# I've Got the POWERS – Now What?

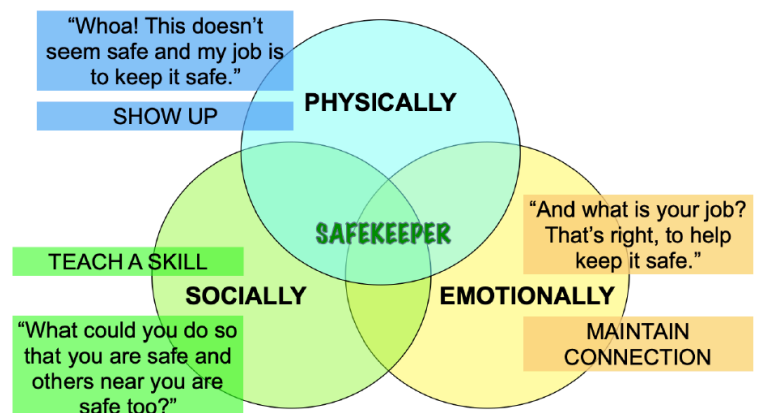
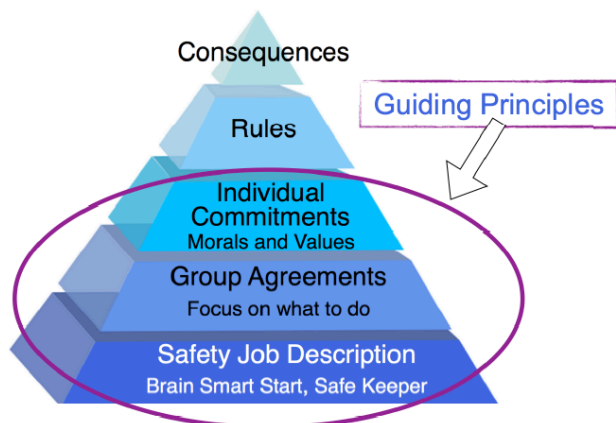
Presented by: Amy Speidel, Conscious Discipline Master Instructor  
amy.speidel@consciousdiscipline.com

Conscious Discipline is an adult-first transformational, trauma-responsive approach to self-regulation that integrates:

- Social and Emotional Learning
- Equitable School Family Culture
- Theory and Application
- Research and Brain-Based Discipline Practices

## Conscious Discipline Requires a Major Mindset Shift

Powers	Skills	Belief
Perception	Composure	I'm in charge of my thoughts and feelings.
Attention	Assertiveness	I choose to listen respectfully and speak responsibly.
Unity	Encouragement	Because everyone belongs, our agreements support each member.
Free Will	Choices	I know how to be a decision maker and to take responsibility for my choices.
Acceptance	Empathy	I have the ability to compassionately see from another person's perspective.
Love	Positive Intent	I see myself and others as worthy and able to learn.
Intention	Consequences	I am able to accept the outcomes of my own actions.



## Accessing the Powers



INSTILLED BELIEFS	POWERS	CHOSEN BELIEFS
There are children in my life that make me angry, and I can't change that.	No one can make me angry without my permission.	
If I point out what is wrong, children will do what they're supposed to do.	What you focus on you get more of.	
Some children need to be excluded so they will understand how to behave better.	We are all in this together.	
If I find out what children want, I can motivate them to do what I expect.	The only person you can make change is you.	
I try hard to make things work out. When they don't, it's just not right!	The moment is as it is.	
Some children are just up to no good, and there's no excuse for their behavior.	Seeing the best in others.	
You can make a mistake, but if you know better, there's no excuse and it's your own fault if you're punished.	Mistakes are opportunities to learn.	

### NOTES

---



---



---



---



---

# Seven Powers / Skills / Structures - IN A NUTSHELL



**COMPOSURE** - Be the person you want others to become.

**Power of Perception:** No one can make you angry without your permission.

**Skill:** S.T.A.R. - **S**mile, **T**ake a deep breath, **A**nd **R**elax.

**School Family Structures:** Brain Smart Start, Safekeeper Ritual, Safe Place Self-Regulation Center, Friends and Family Board



**ASSERTIVENESS** - Setting limits respectfully.

**Power of Attention:** What you focus on, you get more of.

**Skill:** Name/Verb/Paint (“Carl, stand in line, like this” - demonstrate with your body).

**School Family Structures:** M.A.P. (**M**odel, **A**dd visuals, **P**ractice), Daily Visual Schedule, Conflict Resolution Time Machine, Routine Books



**ENCOURAGEMENT** - Building the School Family.

**Power of Unity:** We are all in this together.

**Skill:** Notice instead of judge (“You did it! You \_\_\_\_ so that \_\_\_\_\_. That was helpful.”)

**School Family Structures:** Connecting Rituals, Ways to Be Helpful, Kindness Tree and Recorder, Job Board, Friends and Family Board and Books



**CHOICES** - Building self-esteem and willpower.

**Power of Free Will:** The only person you can make change is yourself.

**Skill:** Give positive choices (“You may \_\_\_\_ or \_\_\_\_\_. What do you choose?”)

**School Family Structures:** Visual Rules



**EMPATHY** - Teaching children to manage their emotions.

**Power of Acceptance:** This moment is as it is.

**Skill:** D.N.A. process for emotional regulation (**D**escribe, **N**ame feeling, **A**cknowledge child’s desire).

**School Family Structures:** We Care Center



**POSITIVE INTENT** - Creating teaching moments with oppositional children.

**Power of Love:** See the best in others.

**Skill:** “You wanted \_\_\_\_\_.” or “You were hoping \_\_\_\_\_.” statements to teach instead of judge.

**School Family Structures:** Celebration Center, Wishing Well, School Family Assemblies



**CONSEQUENCES** - Helping children learn from their mistakes.

**Power of Intention:** Mistakes are opportunities to learn.

**Skill:** Natural consequences (learn a new skill), Logical consequences (use skill you already possess), Problem-Solving (motivation to use Executive Skills).

**School Family Structures:** Class Meetings, Conflict Resolution Time Machine, Relationship Repair Rituals

