



# Transformational Change: The Road to Fidelity and Sustainability

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## PHASE 1: Key Leadership Steps

- Set goals and activity; practice the Powers, Skills, and Structures of Conscious Discipline – Administration builds Faculty/Staff School Family™
- Attend week long Conscious Discipline Institute
- Guide Staff members through year-long *Conscious Discipline: Building Resilient Classrooms* book study or E-Course
- Bi-monthly trainings and skills coaching
- Build your CDAT (Conscious Discipline Action Team)
- Helpful to have a Certified Instructor (CI) or Master Instructor (MI) guiding process
- Framework in the Free Resources section at ConsciousDiscipline.com website

## PHASE 2: Moves into the Classroom

- Replace and let go of traditional practices
- CDAT leads *Powers of Resilience: SEL for Adults E-Course*
- Host family nights
- Coaching for model classrooms
- Start School Family assemblies
- Begin student ambassador program

## PHASE 3 and Beyond: Integration

- Becomes more seamless
- CDAT leads book study on *Managing Emotional Mayhem*
- Develop a CARE (Calming And Recovery Environment) room in place of in-school suspension
- RTI integration
- Feeling Buddies® Program
- Pay-it-forward

## NOTES

# Building Staff Family



How will you connect your Staff Family?

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Ideas for communication:

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# Safekeeper Ritual



## NOTES

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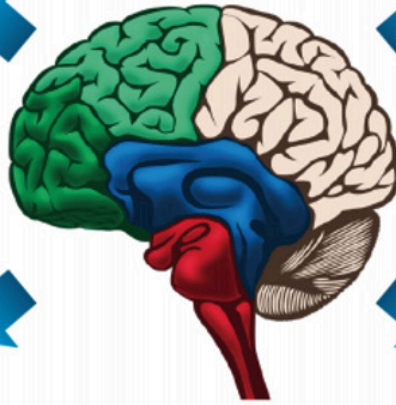
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# Brain Smart® Start

Physiologically and neurologically helps us change states. The most difficult transition in the school day is the one a child makes from home to school.

## Unite

- Increase Energy
- Decrease Energy



## Disengage Stress

- Calm Down Classroom
- Organized Quiet
- Shift Gears/Transitions



S.T.A.R.



Balloon



Drain



Pretzel

## Connect

- Increase Attention
- Increase Motivation
- Organized Energy



## Commit

- Activate Frontal Lobes
- Focus Attention
- Increase Success

### Brain Smart® Start

How will you **Unite** your staff?

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How will you help your staff **Disengage Stress**?

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How will you **Connect** your staff?

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How will you help your staff **Commit**?

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# The Safe Place™

- I Am**
- I Calm**
- I Feel**
- I Choose**
- I Solve**



## NOTES

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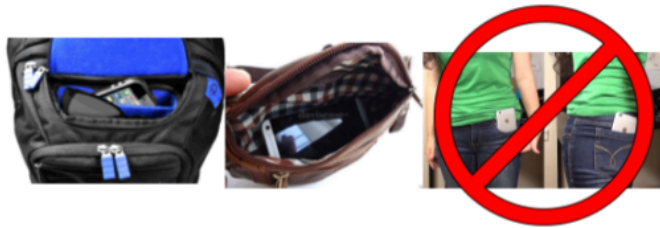
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# Visual Routines and Rules

## Cell Phone Rule



ISS Visual Routine Name: \_\_\_\_\_

1.		Brain Smart Start	8:45
2.		ISS Intervention Form and Review Results	
3.		Students work on assignments	
4.		Play with Pre- K (Bathroom Break)	9:50-10:15
5.		Work on Assignments	
6.		Lunch	11:50
7.		Ways to Be of Service Menu	1:25

## NOTES

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# Jobs



- Greeters
- Morning Message Writer
- Commitment Captain
- Celebration Board Manager
- Community News
- Clean Up Crew
- Time Keeper
- Extra Subs

## NOTES

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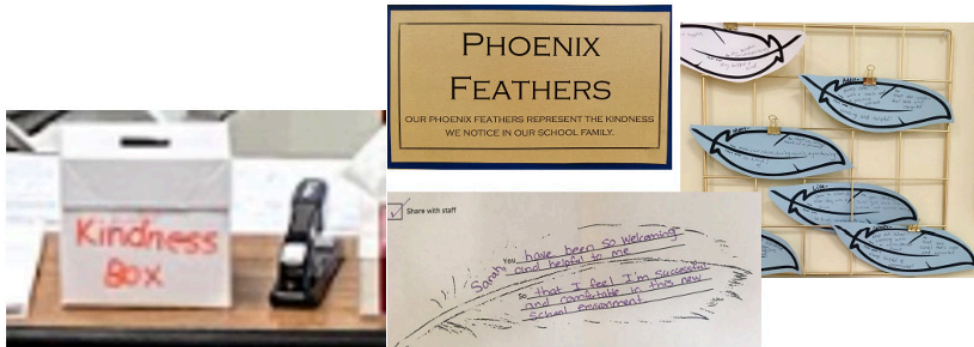
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# Kindness

- “You did it! You \_\_\_\_\_ so \_\_\_\_\_. That was \_\_\_\_\_.”
- Choose how you want to record kind acts. (On a display, in a box, written in a notebook, etc.).



## NOTES

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## Encouragement



### NOTES

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## Rituals

- We Care
- Celebrations
- Wish Well

### NOTES

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## School Family Assembly

- Welcome Ritual/Brain Smart Start
- Celebrations
- Question of the Week/Skill of the Week
- Connection
- Goodbye Ritual

### NOTES

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