



CONSCIOUS DISCIPLINE & I LOVE YOU RITUALS AT DIA

What are they and WHY are they important?

Conscious Discipline and I Love You Rituals are incredible tools that our teachers use daily to connect with our students and help them understand their emotions. The use of these creates an entire school culture of cooperation, constructive problem solving, academic success and happy kids!

Growing up is tough! Learning to self-regulate, express your emotions, understand what you are feeling *and* interact with classmates is something that has to be taught. Conscious Discipline and I Love You Rituals allow us to do this in a fun, positive, (and usually silly) way!

DIA is so dedicated to Conscious Discipline that **our teachers have over 1800 hours of training** and we have dedicated **over \$10,000 to training and equipment!**

Conscious Discipline

Conscious Discipline strategies allow us to use positive guidance in any situation where there is conflict. We help the child find the words to express their emotions and help find the words to resolve the conflict without using negative statements. In a conflict situation with two classmates, we allow both children to see what happened in the conflict so they can learn from it and give them the tools to handle a similar situation differently next time.

There is another tool within Conscious Discipline that we use each morning - our morning greetings! These allow each student to have a personal greeting with the teacher. The child gets to choose how they would like to be greeted. The most common choices are a fist bump, hug, smile or handshake. This is a really special time to immediately connect with the teacher upon arriving at school and to set a positive tone for the rest of the day!



I Love You Rituals

I Love You Rituals are utilized throughout each day at DIA in many types of situations!

- At drop-off to make the child feel loved as soon as they walk into the classroom
- When a child needs a pick-me-up during a time that they may be missing Mom or Dad
- To help children make connections with their classmates and help facilitate new friendships
- In transition times (like walking down the hallway or putting on jackets) to give children something to focus on and feel a sense of calm during a busy moment
- To distract a child who may be feeling angry or disappointed and create a positive change in emotions

When our teachers use I Love You Rituals, they connect with their student one-on-one, using eye contact, touch, playfulness and positive words through songs and fingerplays. Students also use I Love You Rituals together! They learn how to use soft touches and it gives them an opportunity to be silly with each other!



I Love You Rituals we use at school (and you might hear at home!)

- What Did You Bring to School Today?
- Walk and Stop
- Twinkle Twinkle
- My Face Has a Gift for You
- Jack Be Noodle
- Round and Round the Garden



Conscious Discipline and I Love You Rituals at Home!

Conscious Discipline and I Love You Rituals aren't just for school! The social-emotional learning that your child is working through each day can and should be continued at home. These are tools that can empower parents to consciously respond to daily conflict and help teach critical life skills for your child. Here are some tips for implementing Conscious Discipline and I Love You Rituals at home:

1. Ensure that you are using the same verbiage that we do at school. For example, we say that all choices are either "safe or unsafe", "helpful or hurtful".
2. Help your child work through and identify their emotions. Help them to find the words to explain what they are feeling.
3. Ask your teacher for the rituals they use in the classroom so you can use them at home!

Helpful Resources

<https://consciousdiscipline.com/free-resources>

<https://consciousdiscipline.com/free-resources/discipline-tips/>

<https://consciousdiscipline.com/scaffolding-in-parenting-teaching-your-children-how-to-follow-your-directions-with-success/>

<https://youtube.com> (Conscious Discipline Channel)



About Amie

Amie Thomas is a DIA Mentor and Lead Teacher in our 1 year old Sea Squirts classroom and has been with DIA since 2012. To Amie, DIA offers so many opportunities for children to have the best start in their lifetime of learning. Her favorite thing about working with children is the amazing ways teachers can make a difference in the lives of their students. "Also, the smiles and giggles of my little students always get me!"