

SHRSD Information Night
October 23, 2019

Mindfulness &
Conscious Discipline

brought to you by the SHRSD District Administrative Team

Introductions



Welcome!

Let's take a moment to introduce (or re-introduce ourselves).
Please give your name, school your child(ren) attend, and
your favorite Halloween candy.

Tonight's Takeaways



- What is Social-Emotional Learning?
- Why is it a focus for our district?
- Review of Mindfulness practices
- What is Conscious Discipline?
- Review of Conscious Discipline practices
- Open forum for discussion

District Goal



To continue expanding district initiatives in the area of Social Emotional Learning PreK-12 with a focus on equity, diversity and inclusion in the curriculum.

Social-Emotional Learning



Five Social-Emotional Core Competencies

- Self Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

The Problem



- We are under stress at school and at home
- We are under pressure to deliver rigorous material to an increasingly disengaged audience due to increase in outside stimuli
- We are struggling academically
- We experience subject specific anxiety
- We exhibit off-task behavior as avoidance strategy

How Students Experience Stress

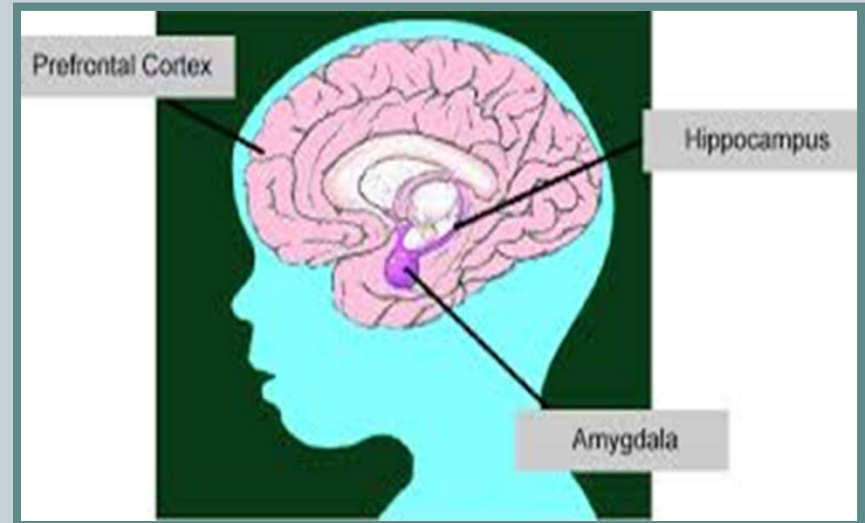


- Pressure to achieve
- Economic hardship
- Poor nutrition
- Inadequate health care
- Emotional deprivation
- Limited educational resources

Mindfulness and Neuroscience

Effects of stress :

- Degrades executive functions (Efs) of the prefrontal cortex (PFC)
- Impairs hippocampus activity
- Amygdala grows when exposed to ongoing stress



How does Mindfulness help?



Anywhere from 5 to 30 minutes of daily mindfulness meditation has been linked to:

- Decreased depression, anxiety, and stress
- Improved sleep (reduced insomnia)
- Increases in physical and mental ease and well-being
- Increased connection with others

Research



Students who employ mindfulness techniques benefit from:

- Improved focus and concentration
- Increased self awareness
- Improved impulse control
- Reduced stress
- Increased empathy
- Better conflict resolution skills

Questions?



What is Conscious Discipline?



“Conscious Discipline provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities.”

Take a quick moment to think about, what does **discipline** mean to you?

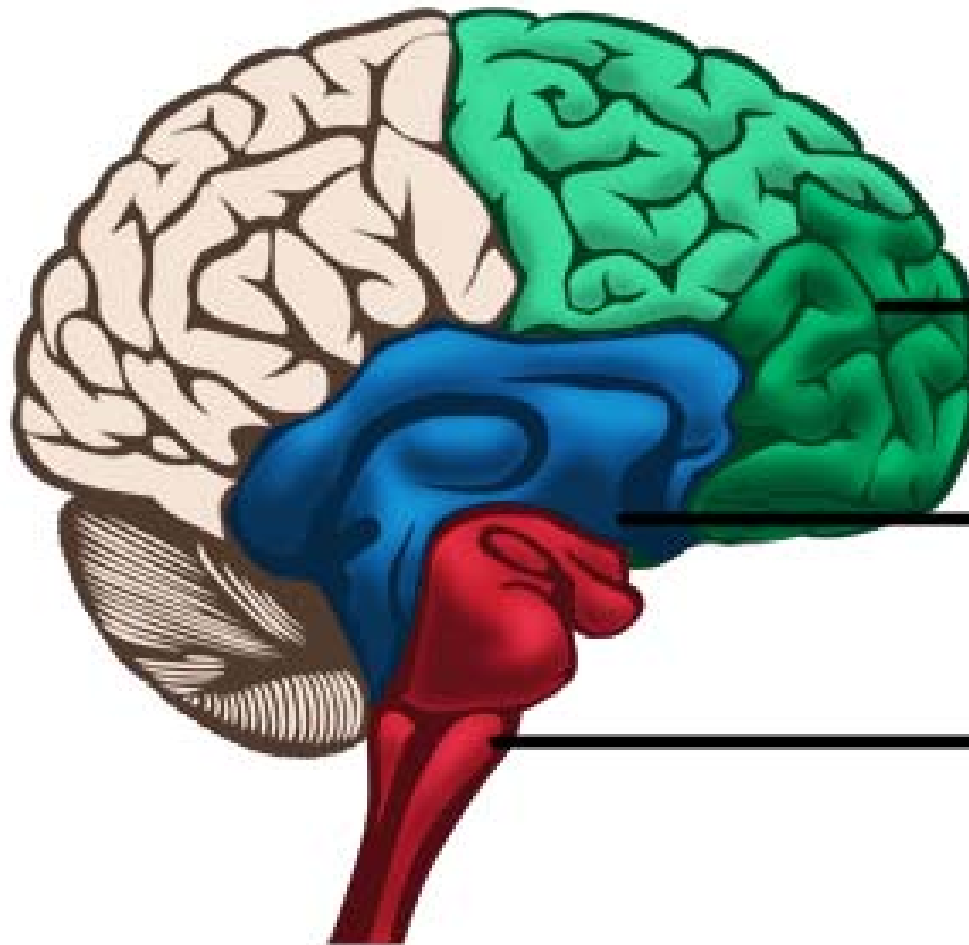
Why Conscious Discipline?



“Discipline is not something we do to children, it is something we develop within them.”

<https://consciousdiscipline.com/videos/shifting-your-classroom-from-control-to-connection-will-decrease-problems-and-increase-learning/>

The Brain Science



Executive State

Prefrontal Lobes

What can I learn from this?

Emotional State

Limbic System

Am I loved?

Survival State

Brain Stem

Am I safe?

What does Conscious Discipline look like?



- Shift from compliance/obedience model to a relationship model
- Respond instead of react and provide time to respond
- STAR (Smile, Take a Deep Breath, And, Relax)
- “This is happening in front of me, not to me”
- “The sky is blue, the grass is green, now...”
- “It is time to...”

How can I use this as a parent?



[https://www.youtube.com/
watch?v=xs7OWBj_GiE](https://www.youtube.com/watch?v=xs7OWBj_GiE)

Questions?

