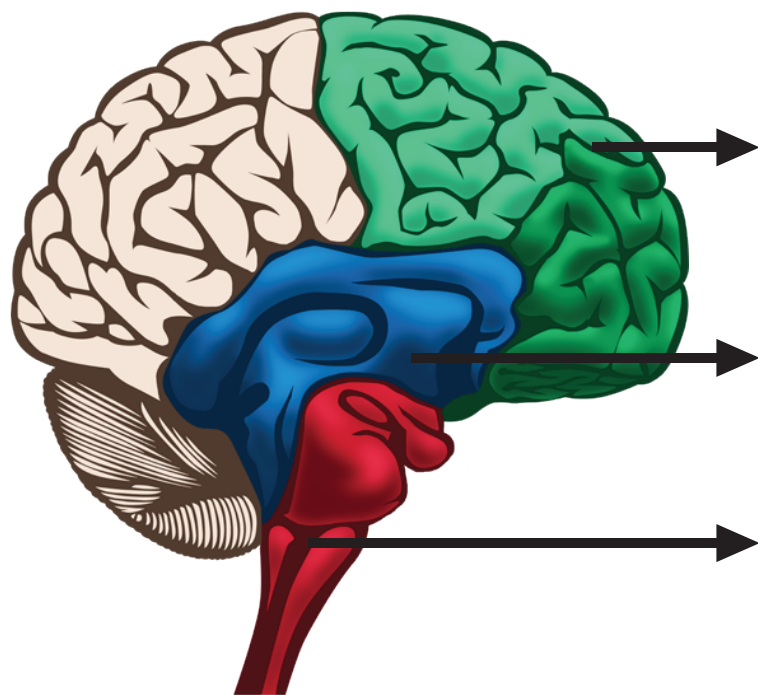




Session 2: Becoming Brain Smart

E-Course/Mini-Poster

Conscious Discipline® Brain State Model



Executive State

Need: Problem solving opportunities

Looks like: Wisdom, unlimited skills

Message: What can I learn?

Emotional State

Need: Connection

Looks like: Back talk, sass, yelling, verbal reactions

Message: Am I loved/connected?

Survival State

Need: Safety

Looks like: Hiding, fighting, surrender, physical reactions

Message: Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

My personal commitment:

I am going to _____