



# Help Children Succeed in a School Family with Meaningful Jobs

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## Our Time Together

- ♥ Brain Smart Start
  - Unify Disengage Stress
  - Connect Commit
- ♥ The Power of Unity in the School Family
- ♥ The Skill of Encouragement
- ♥ What do children learn through jobs?
- ♥ Getting Started with Jobs
- ♥ Teaching Moments

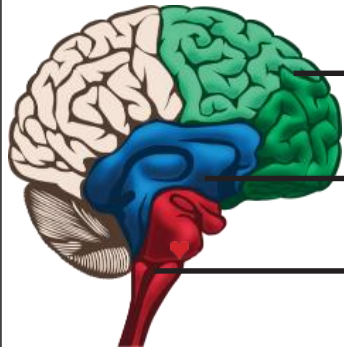
### Traditional Discipline

- It is possible to control others through environmental manipulations.
- Rules govern behavior. (rewards & punishment)
- Conflict is a disruption to the learning process.

### Conscious Discipline

- Controlling and changing ourselves is possible and has a profound impact on others.
- Connectedness governs behavior.
- Conflict is an opportunity to teach.

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.



#### Executive State

**Developmental Need:** Problem-solving opportunities  
**Looks like:** Wisdom, unlimited skills  
**Message:** What can I learn?

#### Emotional State

**Developmental Need:** Connection  
**Looks like:** Back talk, sass, yelling, verbal reactions  
**Message:** Am I loved/connected?

#### Survival State

**Developmental Need:** Safety  
**Looks like:** Hiding, fighting, surrender, physical reactions  
**Message:** Am I safe?

**Safety – Able to learn**

**Connection – Willing to learn**

## The Power of Unity & The School Family

We are all in this together. The Conscious Discipline School Family is a community that deems all of its members important, believes everyone has something to contribute and acknowledges that everyone counts. It is a way of living born out of the awareness of interconnectedness.

## The Skill of Encouragement

The words we say to our children today will become their inner speech. **My "You" Voice becomes the child's "I" Voice.**

Foster optimal brain development through noticing:

- Describe their efforts and accomplishments.
- Reflect the child's actions back to him/her without judgment.

Formula: You \_\_\_\_\_, so \_\_\_\_\_. That was \_\_\_\_\_ (ex. Helpful, kind)



Three nice mice, Three nice mice.  
 See how they care. See how they care.  
 They hold both hands and give a shake.  
 Smiling together, good friends they make.  
 Then turning around, for goodness' sake.  
 Three nice mice., Three nice mice.





“You counted the children in line, so we know that our school family is safe. That is helpful.”  
 “You watered the plant, so that it stays healthy. That is helpful.”  
 “You brought a bandaid from the We Care Bag to Marco, so he feels better. That is kind.”

## What do children learn from Classroom Jobs?

- ♥ How to be a citizen in a democracy.
- ♥ The meaning of jobs and work.
- ♥ A sense of community-Everyone must do their part.
- ♥ Opportunities to practice skills.
- ♥ How to encourage others.

## Getting Started

1. Brainstorm all work that is done in the classroom. Think about the jobs that you are doing that might be turned over to the children.

### Chores

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### Routines

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### Rituals

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### A few Job Suggestions:

Safekeeper (The teacher)  
 Morning Message Helper  
 Greeter  
 Goodbye Wisher  
 Encourager

Welcome Back Person  
 Plant waterer  
 Wish Well Leader  
 We Care Helper  
 Kindness Counter/Recorder

Clean-Up Announcer  
 Line Helper  
 S.T.A.R. Helper  
 Floor, Wall, Window Monitor

2. Choose meaningful jobs, at least one for each child.
3. Introduce the jobs and job descriptions to the children. Model the work.
4. Practice.
5. Be flexible and change the jobs board as needs arise.

## Learning More

See the free resources at [ConsciousDiscipline.com](http://ConsciousDiscipline.com) including Shubert’s School *Shubert’s Helpful Day* & *Conscious Discipline Building Resilient Classrooms*



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