

# Conscious Discipline

safe place

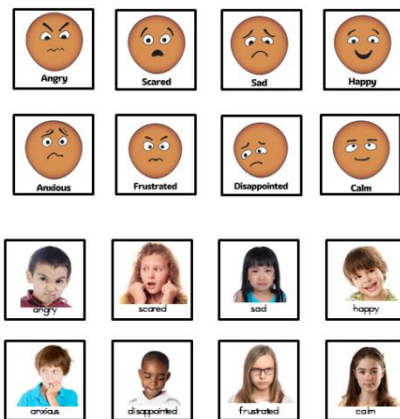
self-regulation steps

I am safe.  
I will calm and breathe.


I feel


I choose to think


I solve my problem

I am safe.

I calm

--

I feel

--

I choose

--

I solve

--



# How to use?

Print out each page, laminate, and cut the pieces. Place Velcro on the pieces to allow the students to move them from one sheet to the next.

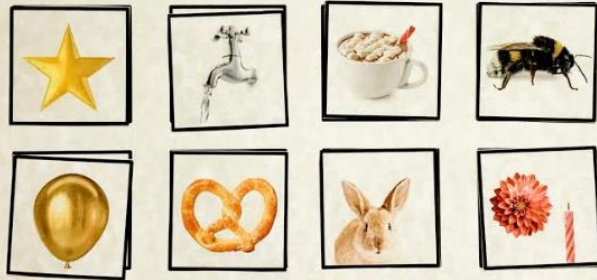
Extra breathing options are available if you wish to switch them out.

For the feelings, 3 options are available. The Conscious Discipline faces, other student faces, and a blank copy if you wish to take your students emotions.

When choosing to think, students have the option to hold a stuffed animal or feeling buddy, choose connection, read, write, squeeze a ball, talk to someone, look at the friends and family board, draw, count, or use cranky cream.

When solving, the students can replay or practice, work together, tell an adult, use their big voice, brush it off, talk to the friend the problem occurred with, come up with a better idea, or make a plan for the future.

I am safe.  
I will calm and breathe.



I choose to think



I feel



I solve my problem



I am safe.

I calm



I feel



I choose

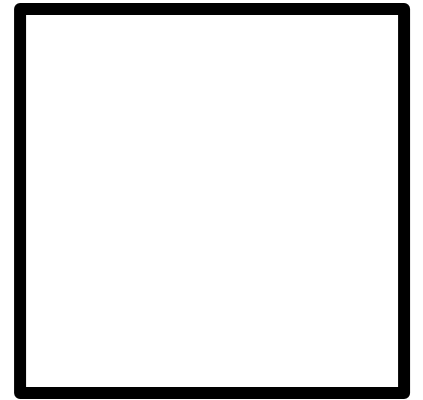
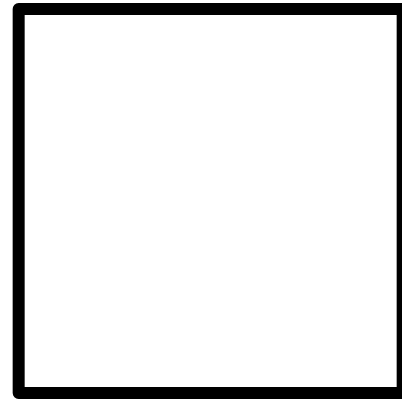
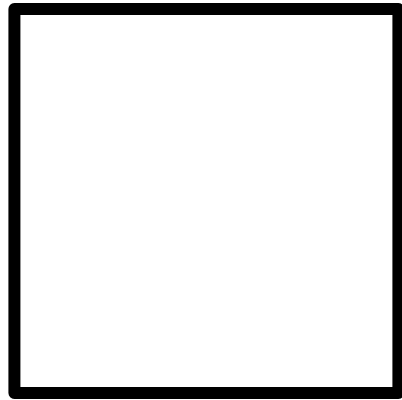
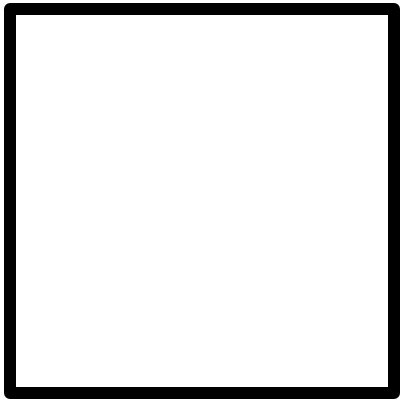
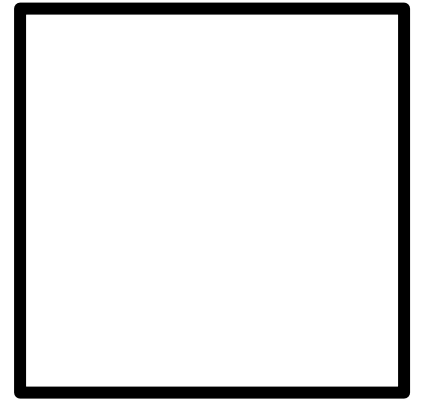
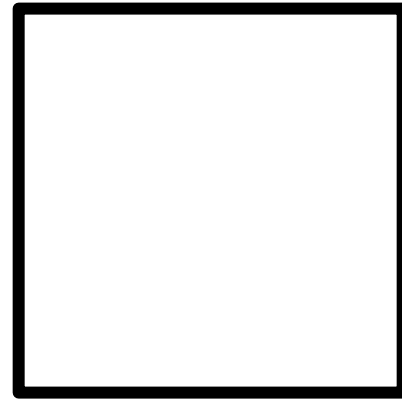
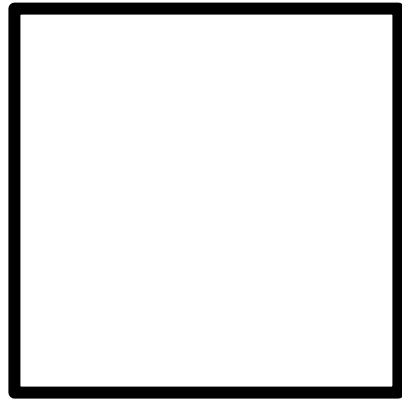
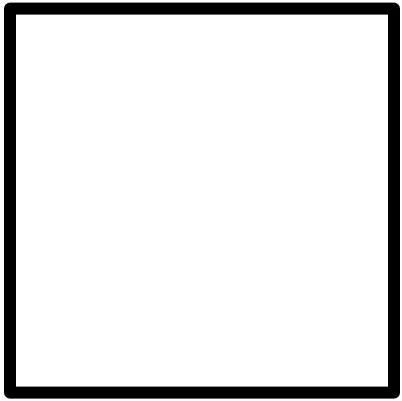


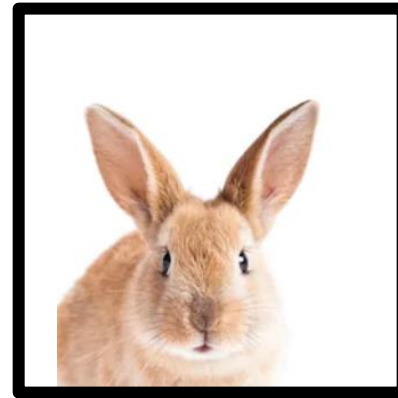
I solve



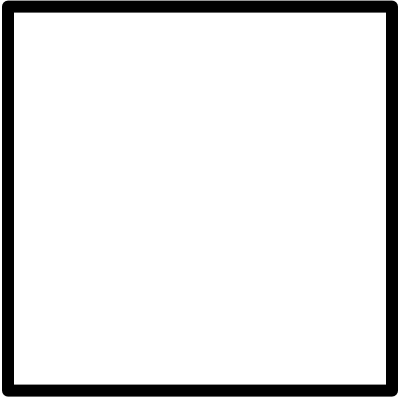
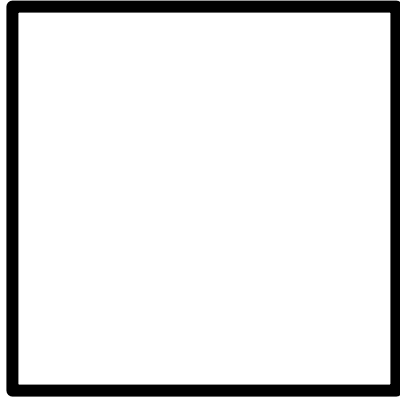
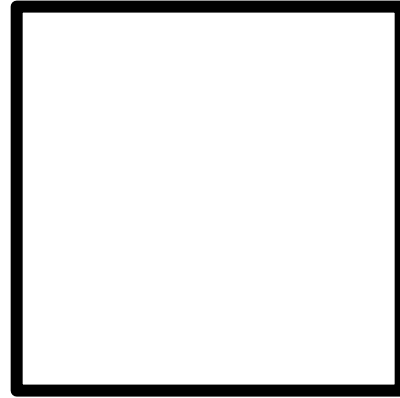
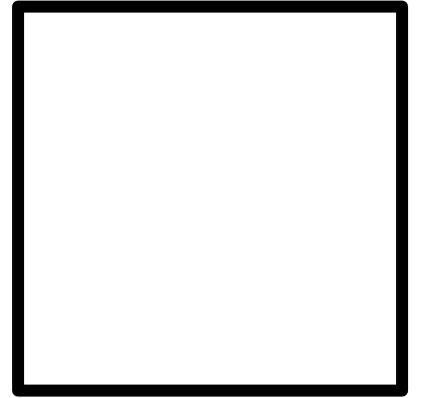
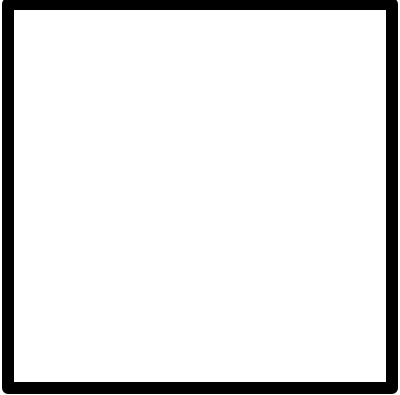
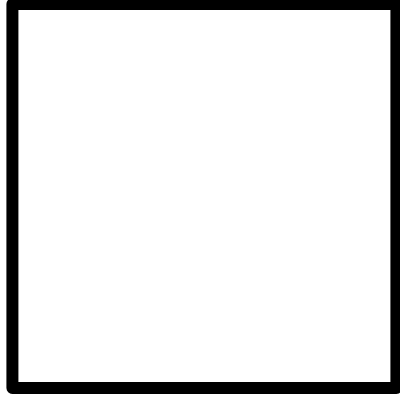
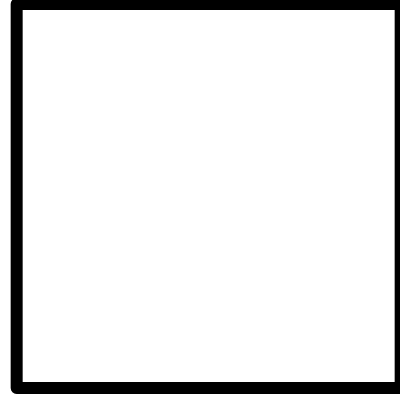
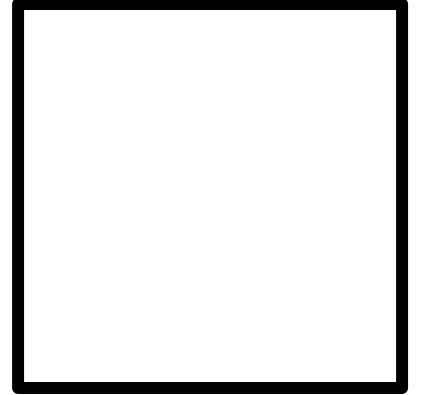
I am safe.

I will calm and breathe.





I feel

An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.An empty square box with a black border, intended for a drawing or illustration.





angry



scared



sad



happy



anxious



disappointed



frustrated



calm

You could even take pictures of your own students using these emotions!



angry



scared



sad



happy



anxious



disappointed

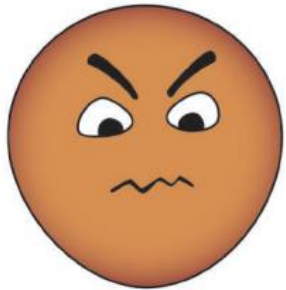


frustrated

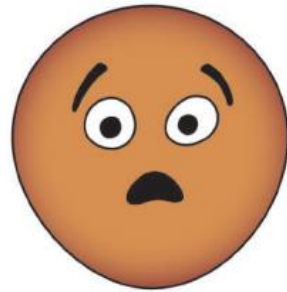


calm





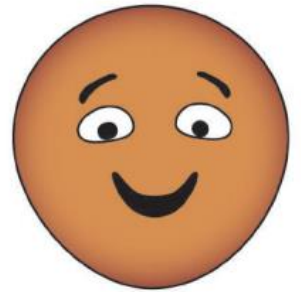
**Angry**



**Scared**



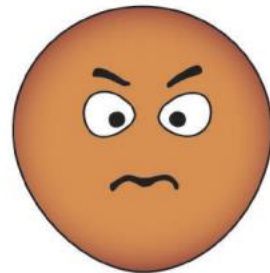
**Sad**



**Happy**



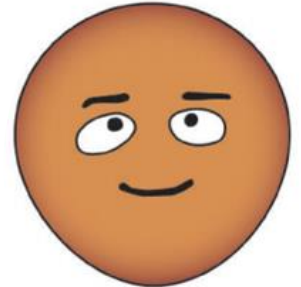
**Anxious**



**Frustrated**

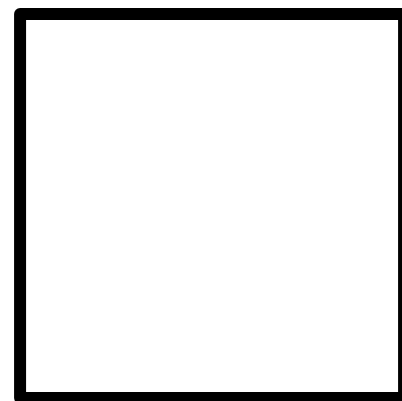
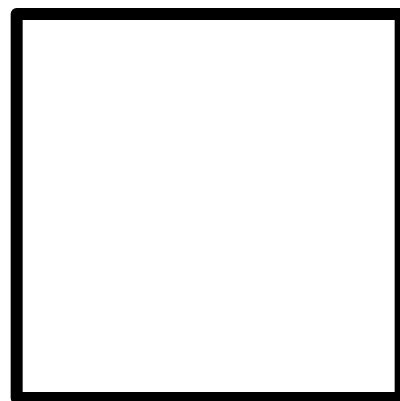
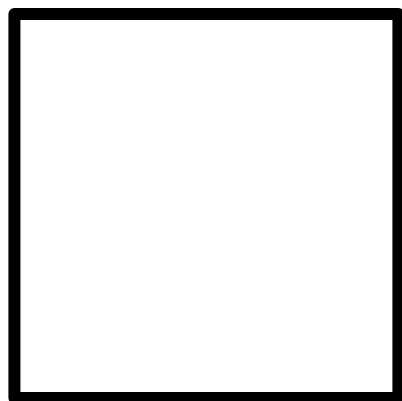
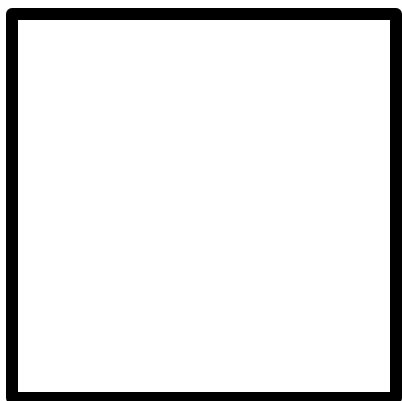
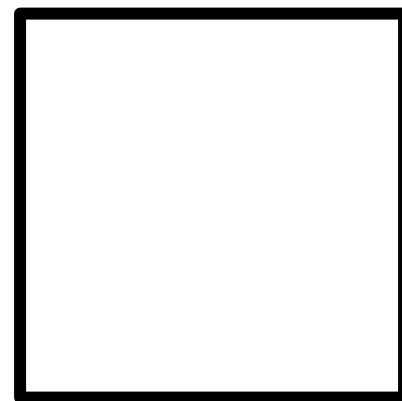
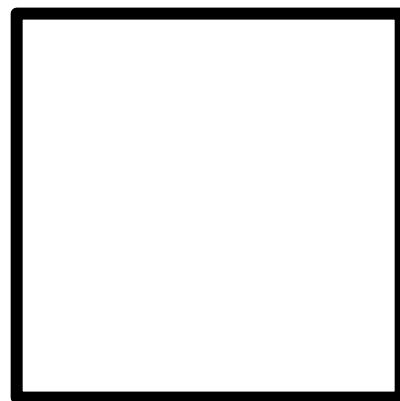
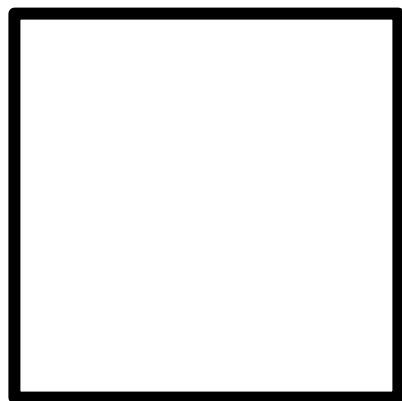
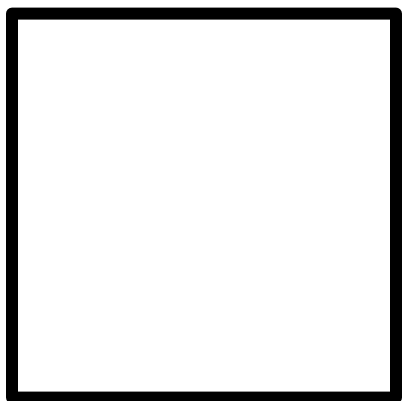


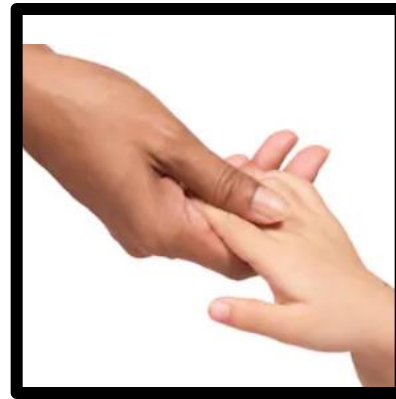
**Disappointed**



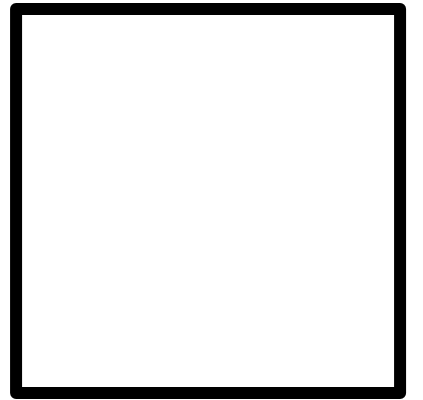
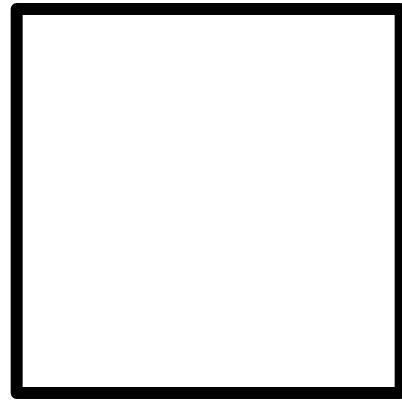
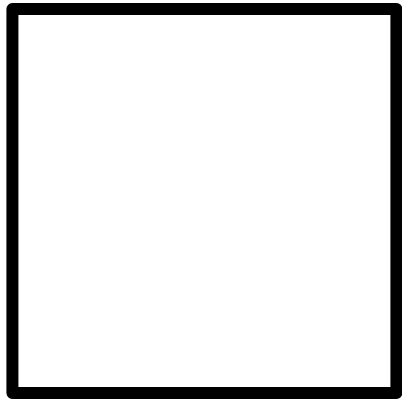
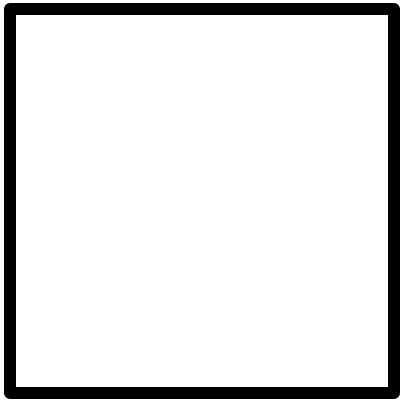
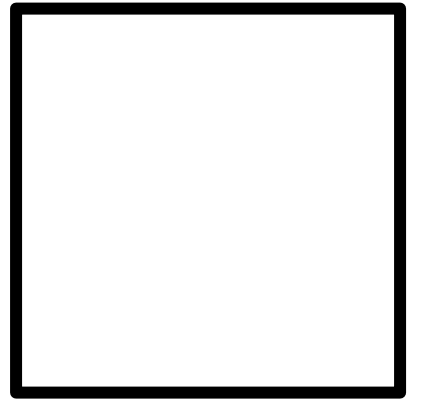
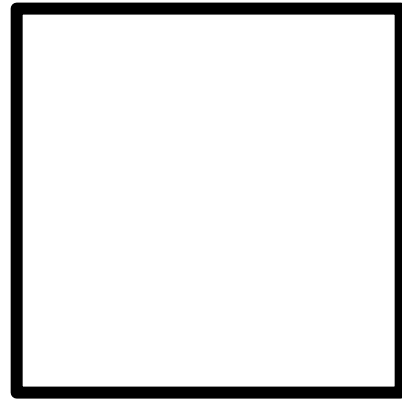
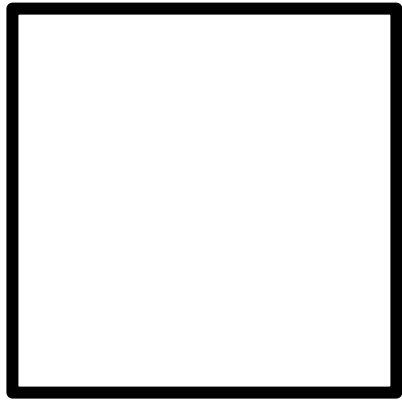
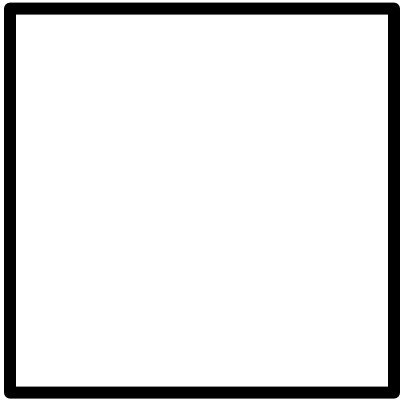
**Calm**

I choose to think



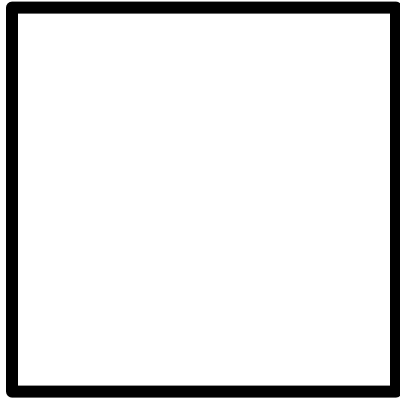


# I solve my problem

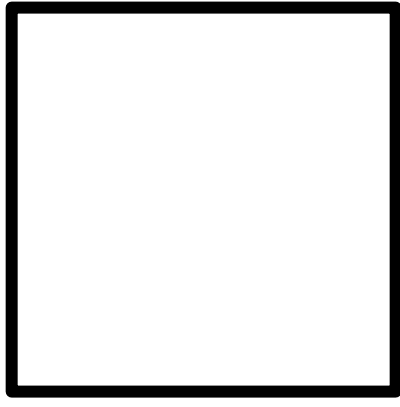




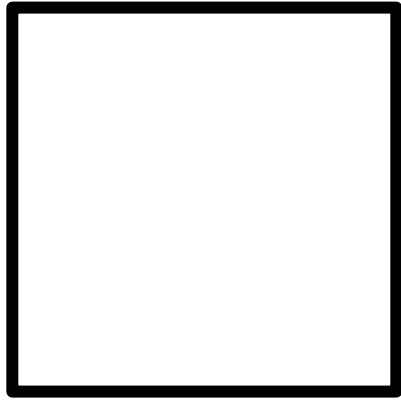
I am safe.



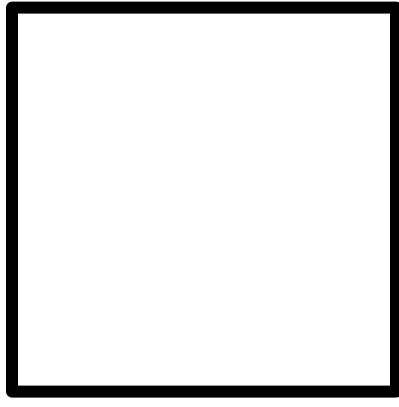
I calm



I feel



I choose



I solve

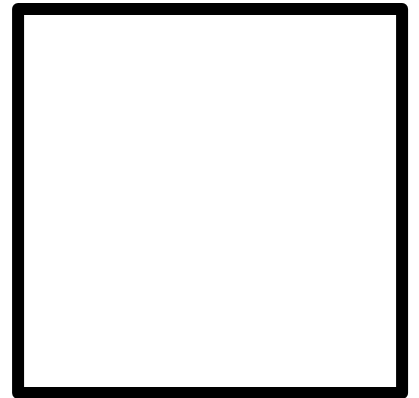
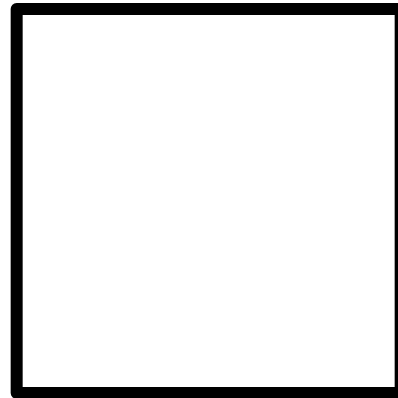
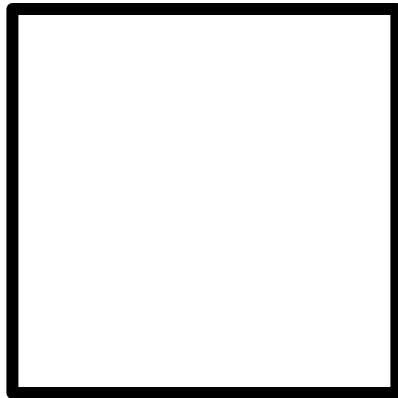
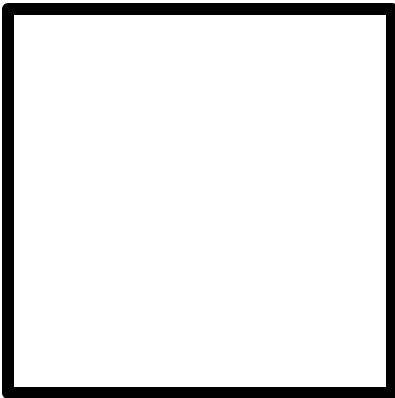
If you do not wish to hang the  
posters up here are labels to place  
the cards on rings!

I will  
calm  
and  
breathe

I feel

I choose  
to think

I solve  
my  
problem







# Conscious Discipline®

**Visit the website for more help and  
support through the Conscious  
Discipline Journey!**

**Concepts adapted from Conscious Discipline by Dr. Becky Bailey.  
[www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com) 800-842-2846**

# THANK YOU!!

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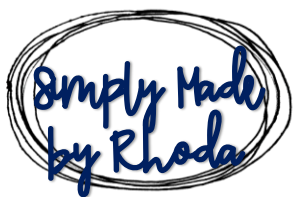
If you have any questions or concerns message me on Instagram or email me at [connectednspe@gmail.com](mailto:connectednspe@gmail.com)

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