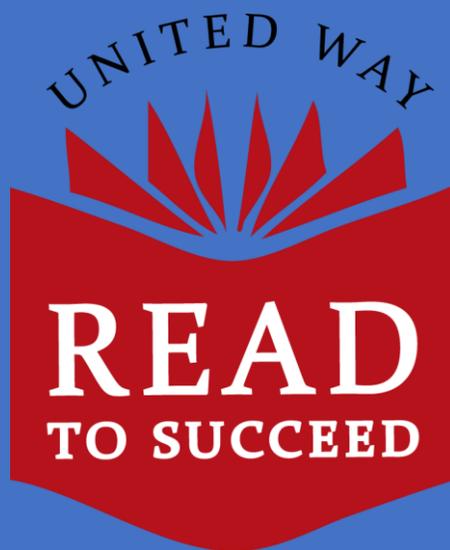


BACK TO SCHOOL WITH SUCCESS DURING COVID-19



A Read to Succeed Workshop
UNITED WAY OF GREATER NASHVILLE



References:

- Bailey, B.A. (2015). Conscious Discipline: Building Resilient Classrooms. Loving Guidance INC. Oviedo, FL. <https://consciousdiscipline.com/>
- Building Strong Brains TN <https://www.tn.gov/dcs/program-areas/child-health/aces.html>

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Resources:

Check out these resources to dig deeper into the powers and skills behind the rituals in this training.

- Power of Perception, Skill of Composure – Chapter 4 in CD Book – More resources here <https://consciousdiscipline.com/free-resources/book-portal/chapter-4-composure/>
- The Greeting Ritual
 - Info – <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/greeting-ritual/>
 - Example Videos - <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/greeting-ritual/#examples>
- The Safekeeper Ritual
 - Info – <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/safekeeper-ritual/> AND <https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/safekeeper-ritual/>
 - Example Videos – <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/safekeeper-ritual/#examples> AND <https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/safekeeper-ritual/#examples>
 - Planning - <https://consciousdiscipline.com/resources/safekeeper-ritual-plan/>
- The Wish Well Ritual
 - Info – <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/wish-well-ritual/> AND <https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/wish-well-ritual/>
 - Example Videos – <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/wish-well-ritual/#examples> AND <https://consciousdiscipline.com/free-resources/shubert/shuberts-classroom/wish-well-ritual/#examples>
 - Planning - <https://consciousdiscipline.com/resources/wish-well-ritual-plan/>
- The Goodbye Ritual
 - info - <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/goodbye-ritual/#howto>
 - Example Videos - <https://consciousdiscipline.com/free-resources/shubert/sophies-classroom/goodbye-ritual/#examples>

“It is within our ability to see “misbehavior” as an opportunity to teach, and to create a safe environment for learning (for children and adults).

An “Air Traffic Control System” in the Brain

- Executive functioning is a group of skills that help us to focus on multiple streams of information at the same time, set goals and make plans, make decisions in light of available information, revise plans and resist hasty actions.
- Executive Function skills must be explicitly taught.
- Although there are sensitive periods of development, executive functioning can be built along any point in the lifespan.

Robustness = the capacity to hold the energy needed to live the life the individual desires to live.



Window of Tolerance = where there's still room in the cup.

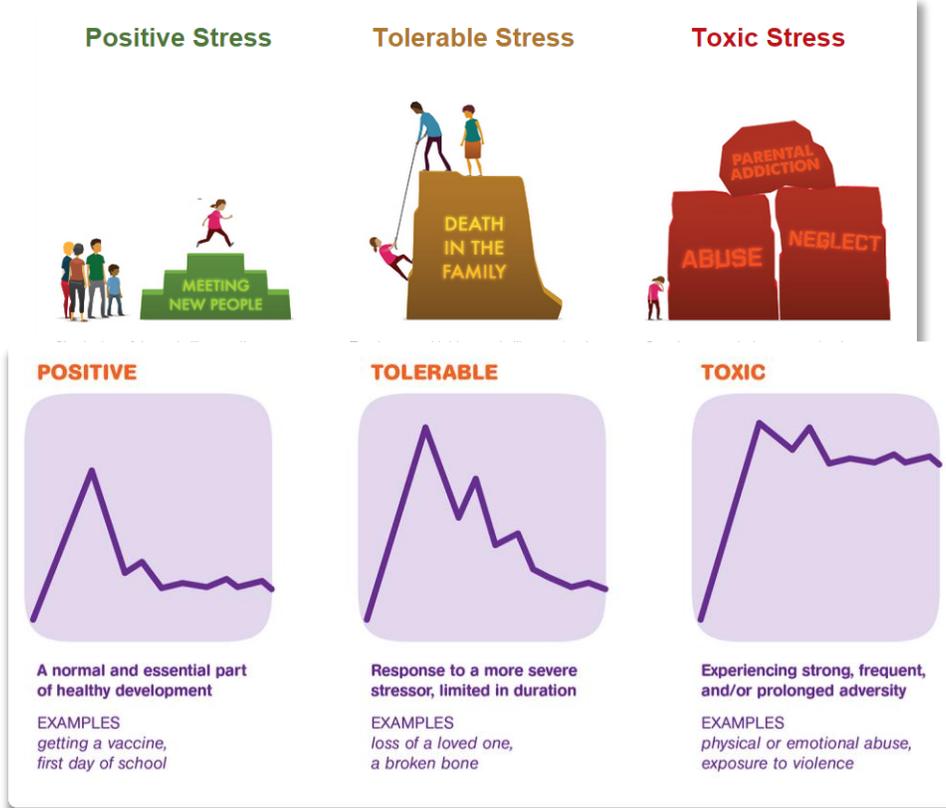
Within our window of tolerance, we are:

- **Flexible**
- **Adaptive**
- **Coherent**
- **Energized**
- **Stable**

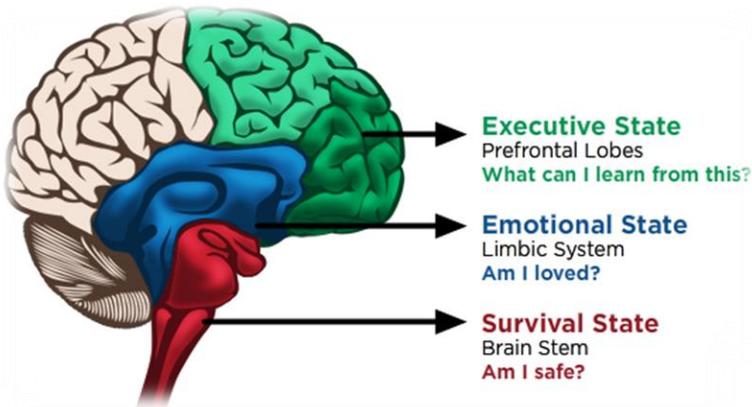


Outside our window of tolerance, our behavior shifts to keep us safe:

- **Hyperarousal** (flight or fight)
- **Hypoarousal** (freeze)

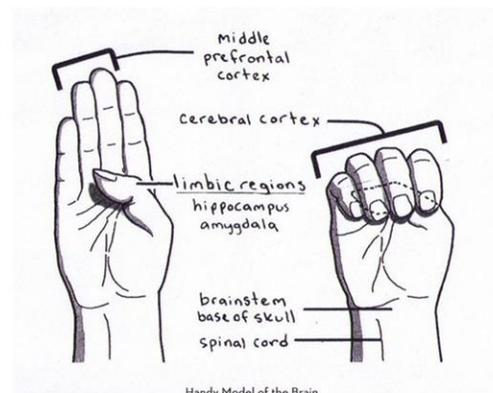


The Conscious Discipline Brain State Model



When we are stressed, we all regress.

Hand Model of the Brain
(Dr Daniel Siegel)



Shifting the Conversation from:
What is wrong with you?
To
What has happened to you?

Rarely is a choice made about which state to be in. The nervous system automatically determines which response seems most adaptive for the situation based upon many factors, including current circumstances, memory of past experiences, and innate temperament.”
– Drs. Dan Siegel and Tina Payne Bryson – The Yes Brain



WHEN WE ARE STRESSED, WE ALL REGRESS.

*Shift the conversation from
“What is wrong with you?”
to
“What happened to you?”*

A “Felt Sense of Safety” is required for children and adults to access their executive skills to learn and follow community rules.

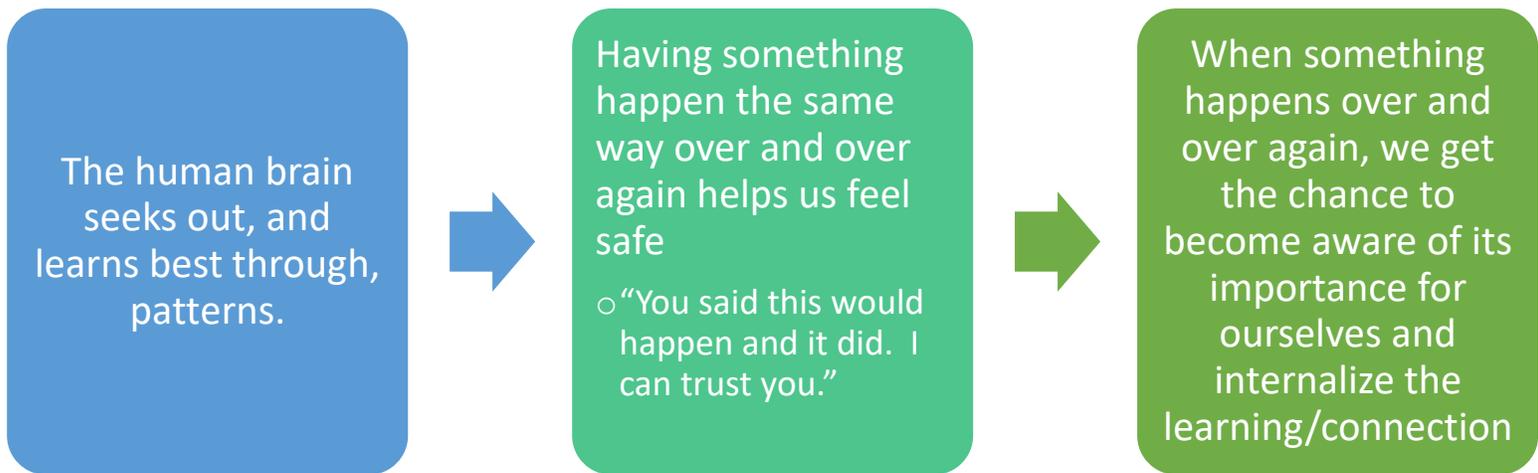
A Felt Sense of Safety

requires that an individual feel safe and connected. This is different for everyone.

It is not an active choice but a response to our body’s physical cues that we often aren’t even aware of.

Supporting a Felt Sense of Safety is even more important during times of crisis.

Rituals provide predictability and enable connection, supporting a Felt Sense of Safety.



The Greeting Ritual

Promotes connection with every child, family, and staff member at your school.

Select a location where you (or your co-teacher, take turns!) will stand every morning to greet children and families when they enter the room.

Use your body language to show your intentionality in keeping everyone safe.

Choose what you will say to children and families.

- For families with infants and toddlers – “Good morning, (adult name)! I see you brought your precious (child’s name) with you and (child’s name) brought his/her (elbows, toes, etc.).”
- For families of older children – “Good morning, (adult and child name)! I’m so glad you are here today. How would you like to be greeted (offer a choice with a visual helper).”

The Safekeeper Ritual

In order for children and families to start their day off well, they need to feel safe.

The Safekeeper Ritual can look different for different environments.

Embed the language of the ritual into your Greeting Ritual – “My job is to keep it safe today, I ask that you help keep it safe.”

A bulletin board and/or class book that says, “I commit to keeping it safe,” and describes ways to keep it safe.

A Safekeeper Box

- Each child has a popsicle stick with their name on it, or other personalized item, that they place in the box daily as a commitment to be a Safekeeper.

The Language of Safety embeds safety throughout every activity by removing judgement.

Bad/Good or
Right/Wrong



Safe/Unsafe

The Wish Well Ritual

Wishing well offers children a way to support each other and calm themselves, laying the foundation for empathy.

When a child (or teacher) is absent, moving to another school, is late, or needs support for other reasons, place the child's (or teacher's) picture or name in the heart of your Wish Well board.

Wish the person well by:

- Singing "I Wish You Well" (It Starts in the Heart CD)
- Wishing Well
 - Putting your hands over your heart
 - Take a deep breath in
 - Pause and picture the person in your mind
 - Breathe out while opening your arms and sending your loving thoughts to that person

Food for thought...

Children engage with learning in a way that makes them feel safe.

- Sitting down, standing up, laying down – all these behaviors are rooted in the child’s unconscious need for safety.
- Their body is telling them how to best get their brain to engage.
 - *Are you willing to allow children to engage in learning in a way that works best for them?*

For some children, “safe” may mean “opting out.” (physically or mentally)

- Children who feel safe and connected do not just leave a learning session
 - *Are you ok with children “opting out” of your lesson? Why? Why not?*
 - *How will you follow up with children who “opt out?”*
 - *How will you support a child, so they don’t feel the need to opt out next time?*

Supporting Families (and Co-Workers)

Ask yourself
and your
families &
co-workers
these
questions:

When is a
good time to
connect?

When am I at my best to
provide support?

When are you able to receive
my support?

What is the
best way to
connect?

How can you best receive my
support?

How can I best show you that I
am here for you?

What
supports are
needed?

What needs can I help you
meet today?

What rituals
can I use to
support you?

Brain Smart Start

Wish Well Ritual

Welcome and Goodbye Ritual

I love you Rituals

An Invitation to Support Safety in Your Classroom

Respect the connection and safety needs of all members of your school family (children and adults).

Actively and intentionally support the connection and safety needs of all.

Actively support your personal needs through an intentional strategy of self-care.

- Find webinar recordings at <https://www.unitedwaynashville.org/rts-training>
- Find and register for future webinars at <https://www.eventbrite.com/o/united-way-of-greater-nashville-30218001622>