

No-Drama Discipline Refrigerator Sheet for Teachers

Connect First

Why Connect First?

Short-term benefit: It moves a child from reactivity to receptivity.

Long-term benefit: It builds a child's brain.

Relational benefit: It deepens your relationship with your student.

Connection Principles

Turn down the "shark music": Let go of the background noise caused by past experiences and future fears.

Chase the Why: Instead of focusing only on behavior, look for what's behind the actions. Why is my student acting this way? What is my student communicating?

Think about the How: What you say is important. But just as important, if not more important, is how you say it.

Connection Strategies (The Connection Cycle: Help your student feel felt)

Communicate comfort: By getting below eye level, then giving a loving touch, a nod of the head, or an empathetic look, you can often quickly diffuse a heated situation.

Validate: Even when you don't like the behavior, acknowledge and even embrace feelings.

Stop talking and listen: When your student's emotions are exploding, don't explain or lecture or try to talk them out of their feelings. Just listen, looking for the meaning and emotions they're communicating.

Reflect what you hear: Once you've listened, reflect back what you've heard, letting your students know you've heard them. That leads back to communicating comfort, and the cycle repeats.

Then Redirect

1-2-3 Discipline

One - DEFINITION: Discipline is teaching. Ask the three questions:

1. Why did my student act this way? (What was happening internally/emotionally?)
2. What lesson do I want to teach?
3. How can I best teach it?

Two - PRINCIPLES:

Wait until your student is ready.

Be consistent but not rigid.

Three - MINDSIGHT OUTCOMES:

Insight: Help students understand their own feelings and their responses to difficult situations.

Empathy: Give students practice reflecting on how their actions impact others.

Repair: Ask students what they can do to make things right.

Redirect Strategies

R	E	D	I	R	E	C	T
Reduce words	Embrace emotions	Describe, don't preach	Involve your student in the discipline	Reframe a no into a yes with conditions	Emphasize the positive	Creatively approach the situation	Teach Mindsight tools

Additional Resources for Teachers

Online Resources:

- Neuroscience for Kids: <http://faculty.washington.edu/chudler/neurok.html>
- Teacher and Kid Resources on the Brain <http://www.brainsrule.com/index.htm>
- <http://www.brainconnection.com/>
- <http://www.allthedaze.com/> (click on child development)
- Media Archives featuring Dr. Tina Payne Bryson (podcasts, interviews articles, etc.): <https://www.tinabryson.com/media-archives/>
- www.Mindsightinstitute.com
- www.learningandthebrain.com

Other Resources

- *Handbook of Attachment*, eds. Cassidy & Shaver
- *Parenting from the Inside Out*, by Siegel & Hartzell
- *Attachment Theory and the Teacher-Student Relationship: A Practical Guide for Teachers, Teacher Educators and School Leaders* by Riley
- *The Development of the Person*, by Sroufe, Egeland, et. al.
- <http://www.lifespanlearn.org/articles-slideshows.php>

Video Resources

- Three-hour Yes Brain lecture featuring Dr. Daniel Siegel & Dr. Tina Payne Bryson: <https://vimeo.com/ondemand/theyesbrain>
- Ninety-minute lecture, "10 Brain-Based Strategies to Help Kids Manage Their Emotions about School" featuring Dr. Daniel Siegel & Dr. Tina Payne Bryson: <https://vimeo.com/ondemand/brysonbrainbasedschool>

Books to Read

- *The Whole-Brain Child* by Siegel and Bryson
- *Mindsight* by Siegel
- *The Power of Mindful Learning* by Langer
- *Mindset* by Dweck
- *Teaching with the Brain in Mind* by Jensen
- *Made to Stick* by Heath
- *The Brain that Changes Itself* by Norman Doidge
- *Lost at School* by Ross Greene