



Peaceful Classrooms with *Conscious Discipline®*.

Connecting Hearts. Growing Minds.



Do any of these “weather” storms look familiar?



Parent Workshop: *“Emotional Geography: What State is your child in?”*

Date: Sunday,
July 27th

Time: 1:00 p.m.
to 4:00 p.m.

Location: ANCS
Elementary
Campus

Research, as well as life experience, tells us our internal emotional states dictate behavior. When we feel grumpy, we tend to become easily frustrated and curt with others. When we feel grateful, we tend to be generous and thoughtful. When we feel upset at our children, we see ourselves behaving, disciplining and speaking much like our parents did to us when they were upset.

However, if we learn to regulate and integrate our internal state we are able to access our own brilliance. The Conscious Discipline Brain State Model helps us understand how all this happens and how we can change it.

Conscious Discipline empowers adults to be conscious of brain-body states in themselves and children. With this ability to self-regulate, we are then able to teach children to do the same. By doing this, we help children who are physically aggressive (survival state) or verbally aggressive (emotional state) become more integrated so they can learn and use problem-solving skills (executive state). When we understand the brain state model, we can clearly see the importance of building our homes, schools and businesses on the core principles of safety, connection and problem-solving.

“Discipline is not something you *do* to children. It is something you *develop* within them.”

-Dr. Becky Bailey

For Additional Information about our
speaker, Nicole Mercer, please visit:

www.PeacefulClassrooms.com