

**What is Conscious Discipline?**

- A classroom management method that creates a place of physical and psychological safety for children. Research shows that a safe, caring classroom improves a child's ability to learn, develop and build self-esteem.
- We don't talk about "bad behavior." We talk about "making good choices."
- Teaches social and behavioral skills: anger management, helpfulness (pro-social skills), assertiveness, impulse control, cooperation, empathy, problem solving.
- We discipline with love and respect for each individual child.