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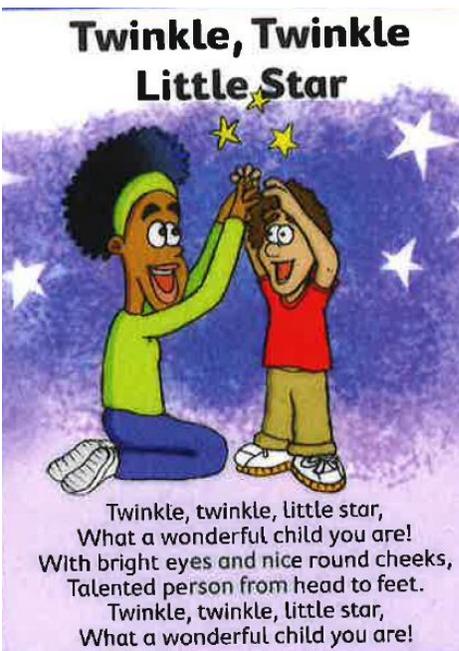
## Social Emotional Development

### Conscious Discipline

Conscious Discipline is a trauma-informed, evidence-based, and research-backed program that focuses on developing discipline within children. With the help of Conscious Discipline, we are better able to integrate social-emotional learning, discipline, and self-regulation into our daily schedules. Conscious discipline uses the latest brain research to determine why students react and behave the way they do.

Techniques we will use that you can try at home!

**I Love You Rituals** – Help connect and build relationships. These rituals help children to feel secure and can help to calm them when feeling anxious. Try this one with your child at home.



### Twinkle, Twinkle, Little Star

**Twinkle, twinkle, little star,**  
*Hold child's hands up high, touch fingers and twinkle.*

**What a wonderful child you are.**  
*Bring arms down to rest on each other's shoulders.*

**With bright eyes and nice round cheeks.**  
*Touch near child's eyes and cheeks.*

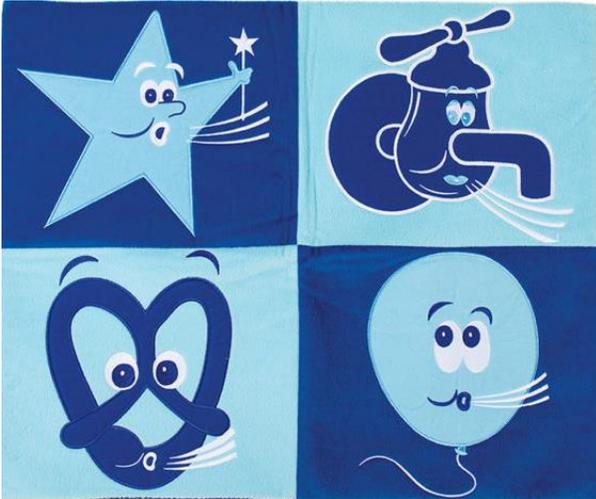
**A talented person from head to feet**  
*Swing child's arms up to his head and down to his feet.*

**Twinkle, twinkle, little star,**  
*Twinkle fingers together again.*

**What a wonderful child you are.**  
*Smile and hug!*

**Breathe With Me** – Taking deep breaths can help a child regulate their body and is a calming strategy. Conscious Discipline encourages children to breathe slowly in through the nose and out through the mouth. To teach a child to take a deep breath you can use the words, “Smell the flower, blow out the candle.”

We will use four main types of breathing. Try to practice these at home.



STAR – Smile, Take a deep breath, AND, Relax

Drain – Breathe in and put arms out in front. Tense arms, shoulders and face. Exhale slowly while making a “ssshhhh” sound.

Pretzel – Cross arms (and legs if possible) in front. Relax and breathe.

Balloon – Place hands on top of head. Breathe in and raise hands with each puff of air, blowing up an imaginary balloon. Exhale and release the air in the balloon by letting hands fall back to head. Make a “pbbpbbp” sound while exhaling.

**The Safe Place** – this isn’t timeout! The Safe Place is where children practice going from upset to calm. You can try this at home by providing a soft (think blankets or pillows), separate area for children to go to when they are upset, angry, and anxious, etc. Children will learn to express their feelings and use strategies such as those mentioned above to calm themselves and regulate their emotions.

