

# Implementation of Conscious Discipline in Head Start Classrooms

## Structures

Elements within the classroom that provide practice with the social and emotional skills being taught.

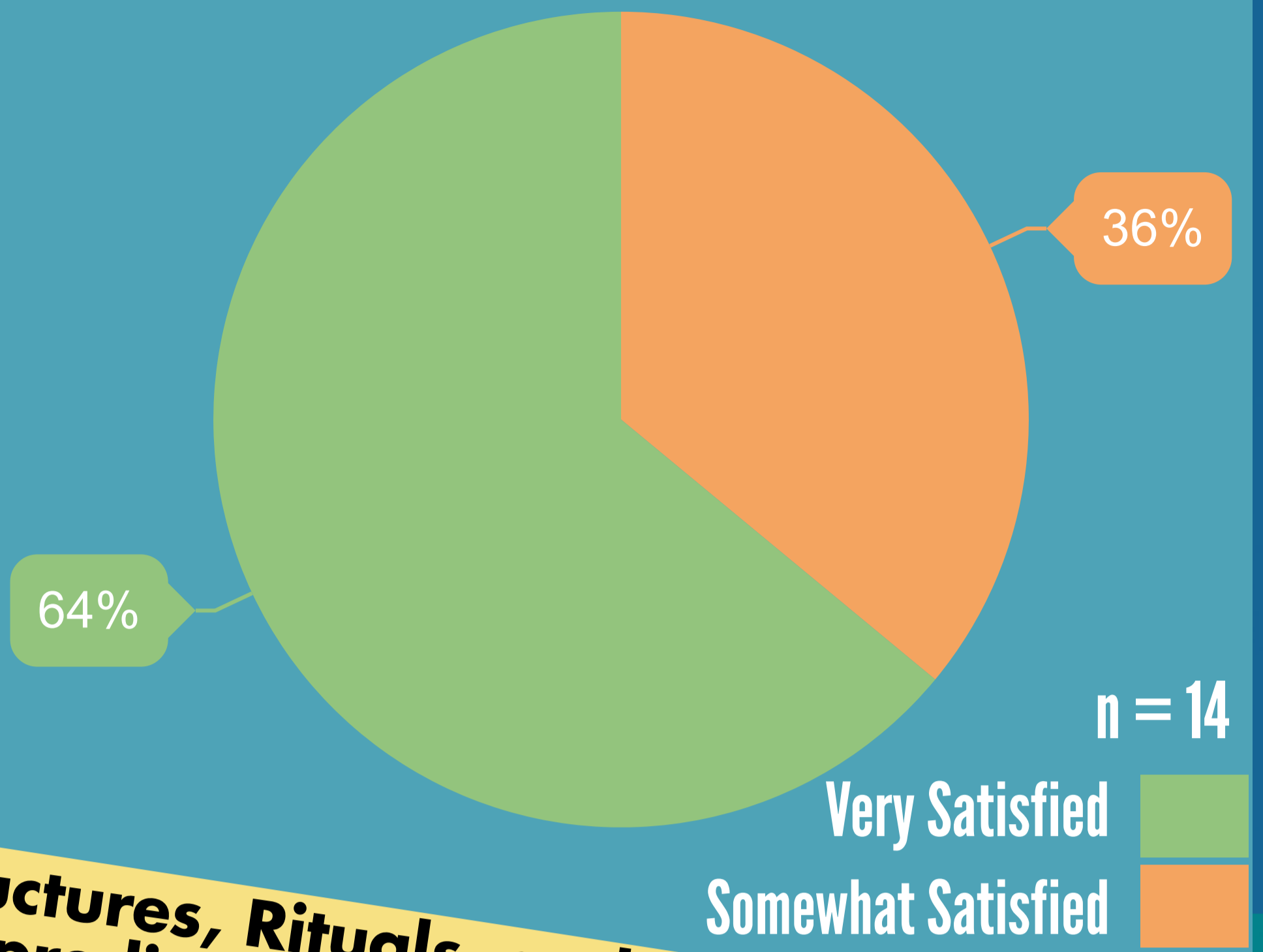
Practices that build social trust, connectedness, and unity within the classroom.

## Rituals

## Routines

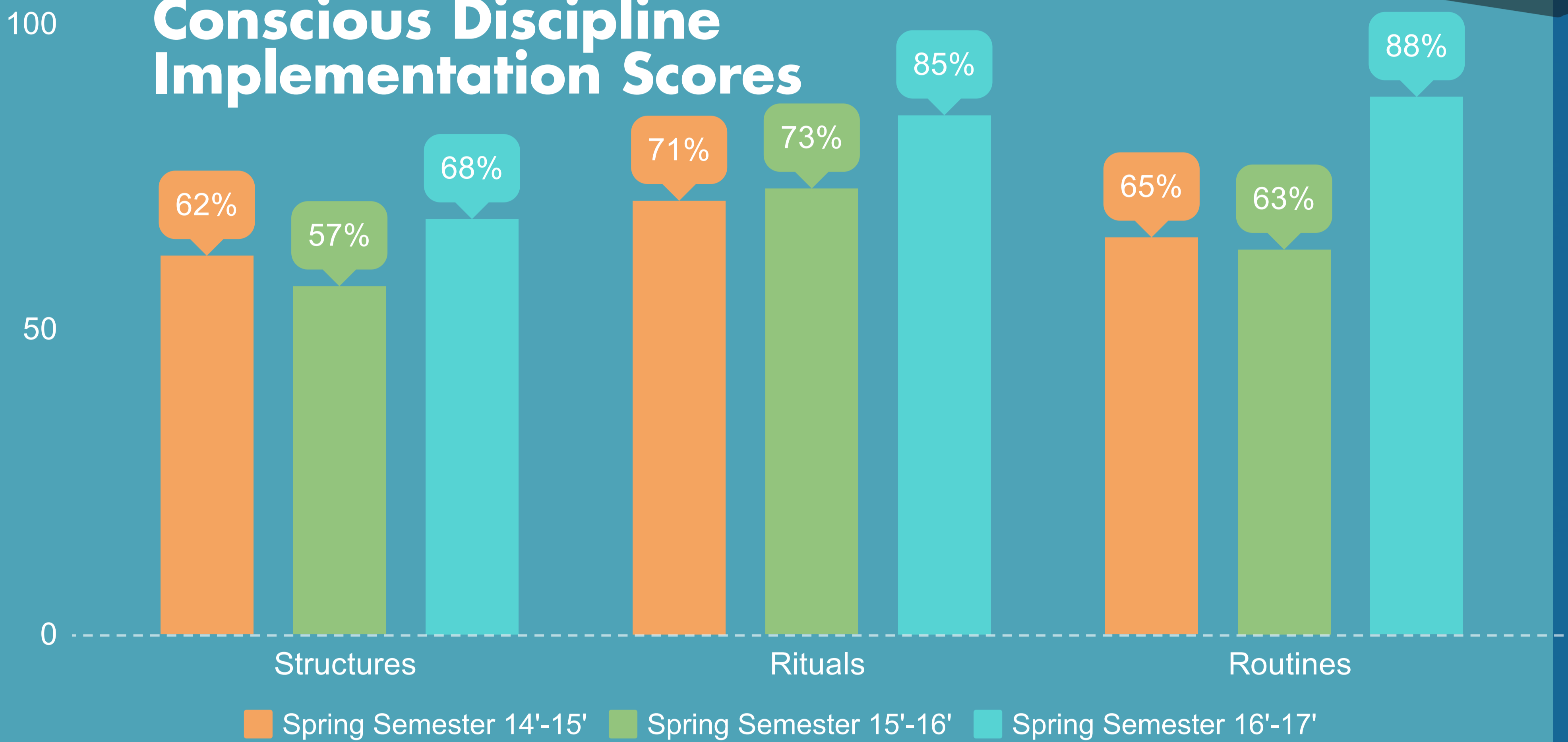
Teaching of expected behaviors and procedures that bring order and predictability to the classroom.

## Teacher Satisfaction with Conscious Discipline Coaching



**Structures, Rituals, and Routines predict student social-emotional outcomes!**

## Conscious Discipline Implementation Scores



## What are teachers saying?

'I think they are more socially & emotionally adaptive in the classroom...I see a big difference in them'

'I don't go home with tremors or headaches anymore...It's calmer at the end of the day'

'...when there are conflicts they are actually trying to solve their problems! They're not just calling the teacher every time...'

'...it gave me insight to how to make things work for the kids...'

May 2018



Division of Mental Health and Addiction



Indiana State Department of Health