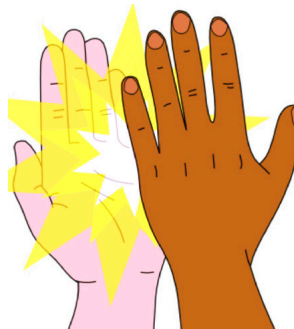
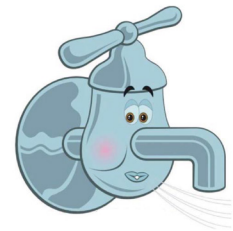


A Brain Smart® Start For Our Day



Created By: Lety Valero
Conscious Discipline Master Instructor

Introduction

Dear Parent,

This book is a guide so you can practice a Brain Smart Start® at home with your child. A Brain Smart Start is a framework that Conscious Discipline by Dr. Becky Bailey gives us so we can start our day in the best state for learning and interacting with others.

In Conscious Discipline we know that all behavior comes from an internal state. This book will help guide you so that you and your child start your day in an optimal state and make the best out of your day!

For optimal results, revisit this guide throughout your day.

A Brain Smart Start has four components:

♥ **Activity to Unite** ♥ **Activity to Disengage Stress** ♥ **Activity to Connect** ♥ **Activity to Commit**

In addition, this book includes a few extra activities based on the Conscious Discipline program that will support you in helping your child maintain this optimal state throughout the day!

Have fun with this and enjoy this time with your child!

🎵 **Choose any song you like and dance to it with someone in your family.**

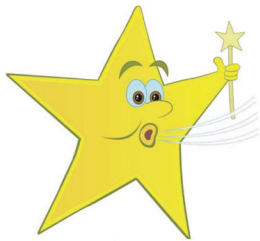
Have fun with it!



♥ Activity to Disengage Stress

Let's start our day by breathing because this helps me and everyone in my family feel calm, relaxed and ready to start our day!

Today, as a family, we choose to breathe like this: _____ (Pick one)



S.T.A.R.

Smile,
Take a deep breath
And
Relax.

Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



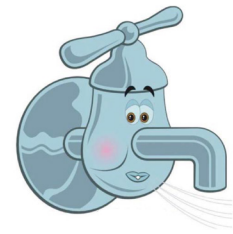
Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpbpb” sound.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

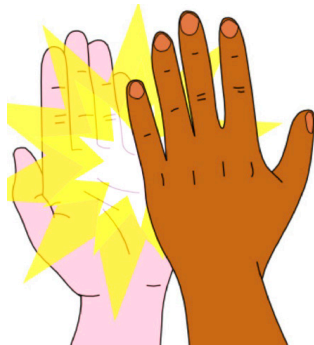


Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.

Choose a greeting or make one up and connect by greeting everyone who is at home!

Make sure you practice a greeting that is safe and includes Eye Contact, Presence, Playfulness and Safe Touch*



Almost High Five



Elbow Touch

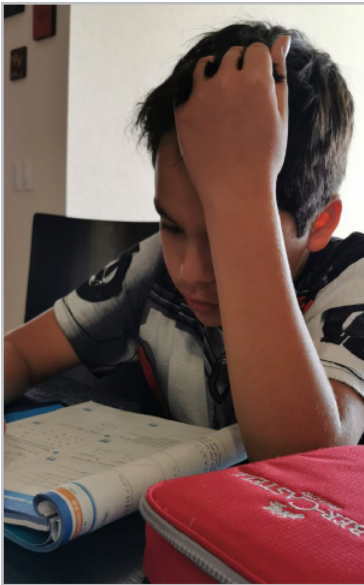


Foot Encounter

*** These are the four core components required to truly connect with others.**

What is your goal for today?
What do you COMMIT to achieving today?
(Pick one)

1.



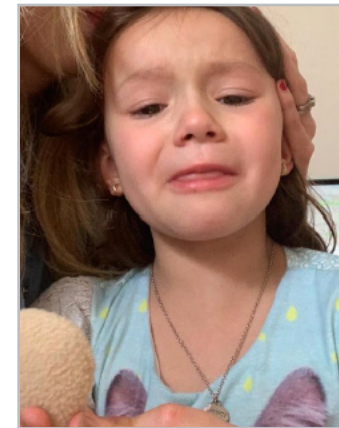
**I will complete all
my schoolwork.**

2.



**I will clean up my work
area and put away
everything I take out.**

3.



**I will take 3 deep
breaths when things
get hard today.**

4.



**I will use kind
and encouraging
words today.**



**Let's now take a moment to wish each other
and others well.**

Who are we going to wish well to?



Our Country?



The World?



Our School Family?



Our Family?



The Elderly?



Doctors and Nurses?

**Let's put them in our heads, slowly take them to our hearts,
let's hold space for them in our hearts, fill our hearts with LOVE,
and send that love out to them.**

(SLOWLY AND INTENTIONALLY DO IT NOW)

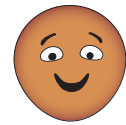


**What is something kind I can do for others
in my family today?**

***Share something you can do and also look for
the kindness happening throughout the day!***



**Color a heart on this kindness tree every time you see an act of
kindness happening at home. Count hearts at the end of the day.**



My Contribution to the Family

I will contribute to my family by doing a job.
My job today will be: _____.



Fold Laundry



Set the Table



Water the Plants



Make My Bed



Wash the Dishes



Take Out the Trash



Feed Our Pet



**Today, I can choose to take some time to
show others that I care.**

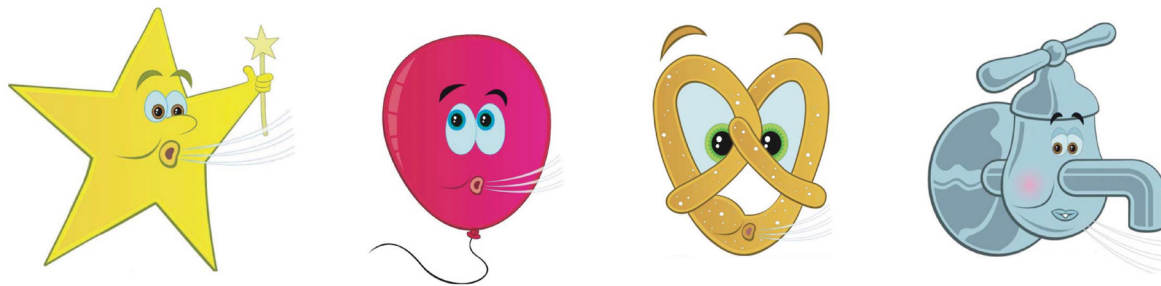
*Something I can do is create a card, make a drawing, dictate
a message for an adult to write or write a letter to someone I love
that I can't see today, letting them know that I CARE! I can do this
for Grandma or Grandpa, a neighbor, a cousin, a friend...*



Now I am ready to have a great day, are you?

***We can choose to make this a day of unity,
contribution and composure. We can choose to
learn from our mistakes and be BRAIN SMART!***

We've got this!



I am safe, keep breathing, I can handle this!