

Make-N-Take

Project: Helpful Phrases

Materials:

- "Helpful Phrases" signs

Usage:

These posters contain common Conscious Discipline® phrases for you to post as helpful reminders in your classroom. They are color-coded for easy reference as you seek language to help yourself and children move from the lower centers to the higher centers of the brain.

The brain works together as a whole, but it is useful to think of it as having three basic "states." The red signs correspond to "fight or flight" survival reactions associated with a lower center, brain stem state. The blue signs correspond with language to cope with a lower center, emotional, limbic state. The green signs reflect access to the prefrontal lobes, which represent a problem-solving, higher-order brain state and will vary depending on the developmental age of the child. The purple signs simply remind you of helpful noticing phrases.

Post these signs in various locations around your classroom. It is helpful to post the signs hierarchically so you can see what is needed next as the child moves from lower, disorganized to higher, organized behavior. As you observe and assess the child's current state, you can use these helpful phrases to offer the child assistance in self-regulation. Once a child is displaying organized higher-order brain states, our words and enthusiasm for their success provides a biochemical glue to celebrate the child's choices.

Directions:

1. Print and laminate the "Helpful Phrases" signs.
2. Post them in your classroom in hierarchical order.
3. Refer to them often throughout the day.
4. You did it! You made Helpful Phrases signs!

