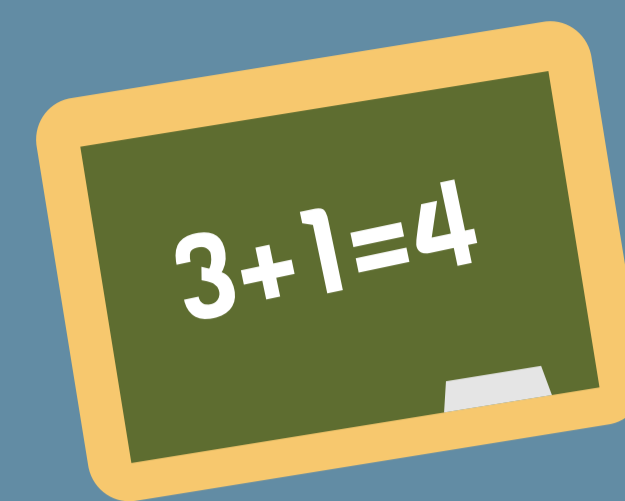


Indiana Project LAUNCH



Conscious Discipline Study



Head Start early childhood education services addresses all areas of development to prepare young children for success in school and in life, while actively involving caregivers in their children's learning.

What is Conscious Discipline?

A research-based program that integrates social-emotional learning, discipline, and self-regulation to reduce behavior issues in the classroom and so that teachers can spend more time teaching vital life skills.

KEY BENEFITS of Conscious Discipline



Over 1,000 students have received Conscious Discipline in their classrooms!



Improves social-emotional skills



Increases school readiness



Improves achievement



STUDENTS

✓ Improves social-emotional skills

✓ Improves the quality of student-teacher interactions

✓ Improves school climate



TEACHERS

Ohio Valley Opportunities & SIEOC implemented Conscious Discipline in their Head Start classrooms.



Implementation of Conscious Discipline in Head Start Classrooms

Structures

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

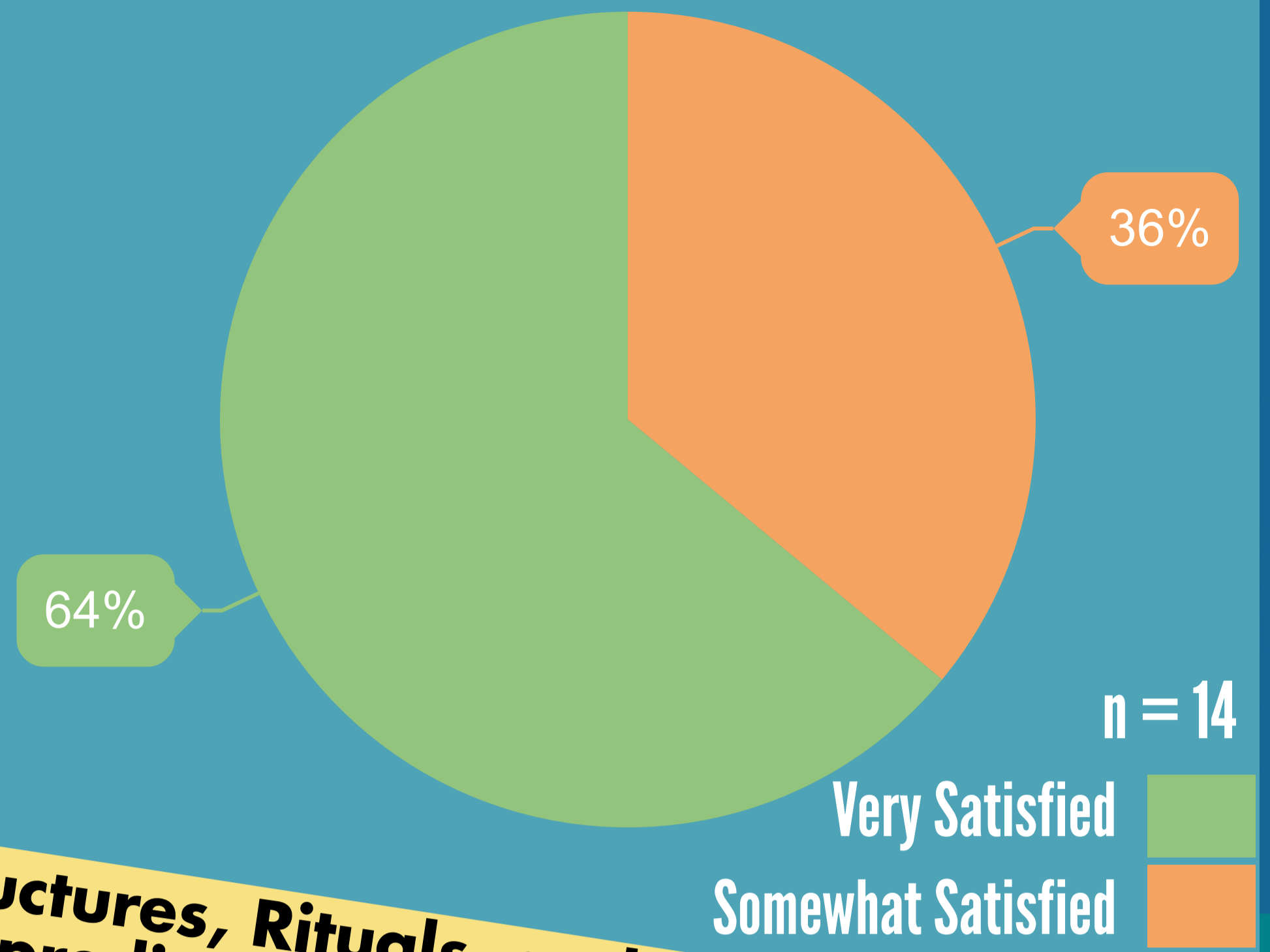
Practices that build social trust, connectedness, and unity within the classroom.

Rituals

Routines

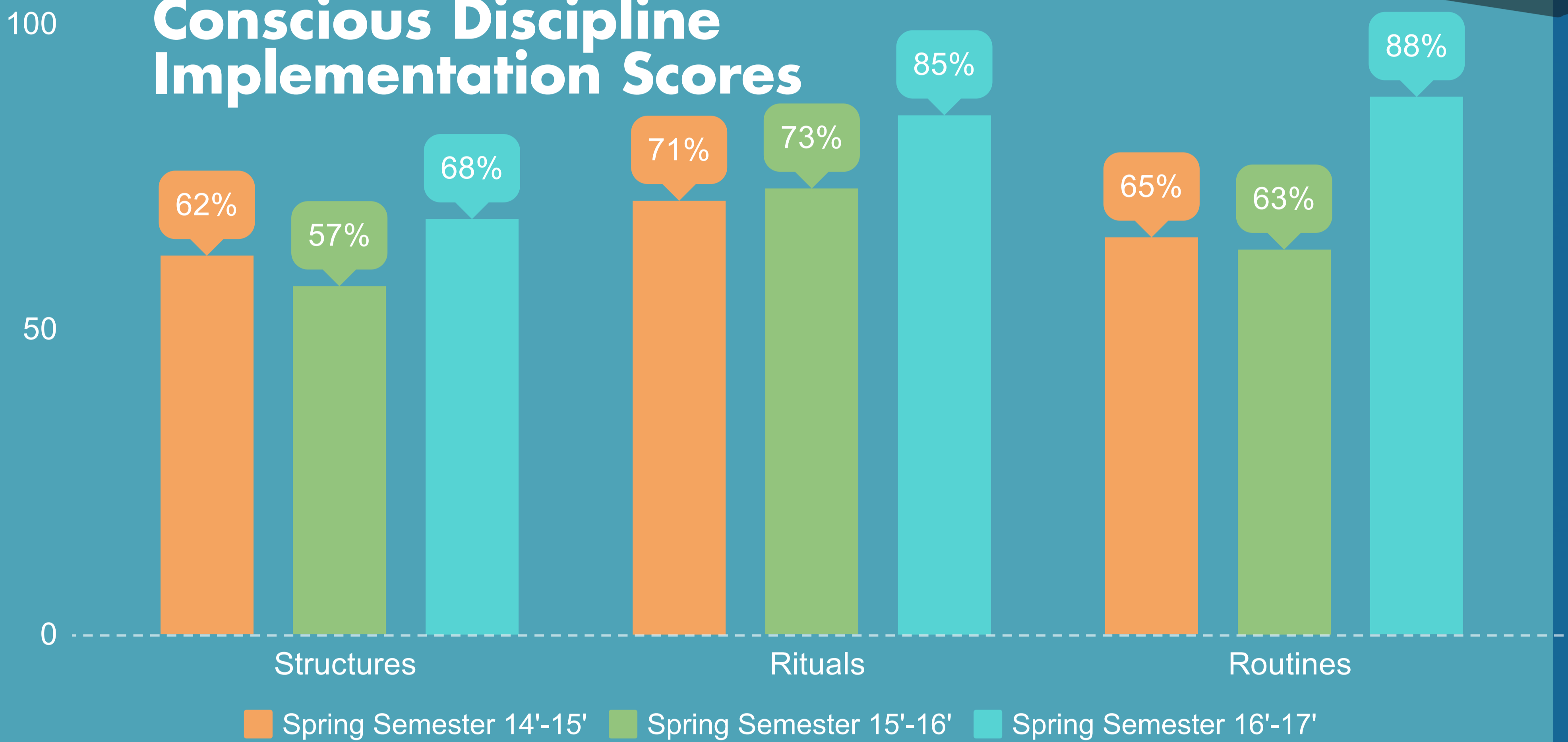
Teaching of expected behaviors and procedures that bring order and predictability to the classroom.

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...'

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Division of Mental Health and Addiction



Indiana State Department of Health