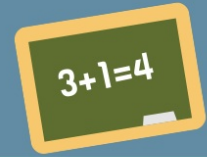


# Conscious Discipline



## and Head Start



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 500 students  
will receive  
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

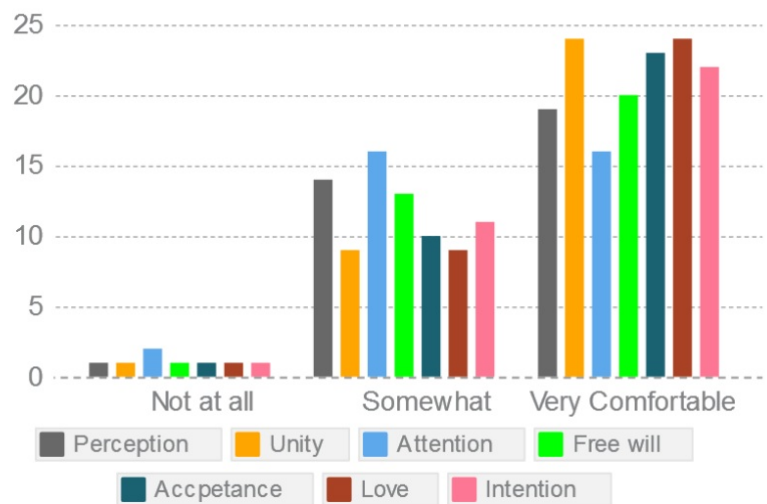
Ohio Valley Opportunities  
& SIEOC are implementing  
Conscious Discipline in their Head  
Start classrooms.



Most Head Start staff feel comfortable promoting the adult attributes in their schools

Head Start staff were surveyed earlier this year to find out about their schools' readiness to implement Conscious Discipline

### Level of Comfort in Promoting Attributes (N=34)



### Students Displaying Conscious Discipline Skills



0-25% 26-50% 51-75% 76-100%

Head Start staff agree that about 51 to 75 % of students are displaying Conscious Discipline skills most of the time.

### Skills

- Assertiveness
- Choices
- Composure
- Empathy
- Encouragement
- Positive Intent

Head Start staff hope that Conscious Discipline will help them with...

"Learning techniques that are needed to reduce behavioral issues in my classroom"

"Helping children to know how to make good choices"

"Giving students a sense of family that promotes a sense of competency, worth, and positive outlooks"



COLLABORATIVE RESEARCH INITIATIVE

INDIANA UNIVERSITY  
School of Education  
Bloomington

Prepared by  
Collaborative Research Initiative,  
Indiana University  
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