

Seven Powers and Skills of Conscious Discipline® – Resources

Concepts adapted from Conscious Discipline by Dr. Becky Bailey. www.ConsciousDiscipline.com 800-842-2846

- **Power of Perception and the Skill of Composure**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey – Chapter 4
 - [Online Book Portal – Chapter 4: Composure](#)
 - [Conscious Discipline® Blog Post – Seven Powers: Power of Perception](#)
 - [30 Minute Webinar – Power of Perception with Dr. Becky Bailey](#)
 - [Power of Perception Strategies](#)
 - [Webinar: Tools for your Parent Toolbox \(Power of Perception\)](#)
 - [The Skill of Composure helps us model the change we want to see](#)
 - [The Skill of Composure and Active Calming](#)
 - [Safe Breathing Icons – available with Free Membership](#)
 - [Benefits of Deep Belly Breathing](#)
 - [Breathing Video \(Conscious Discipline® Techniques\)](#)
 - [Video – Upset is your Cue to Breathe... Practice with Us](#)
 - [The Importance of Belly Breathing](#)
- **Power of Attention and the Skill of Assertiveness**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey – Chapter 5
 - [Online Book Portal – Chapter 5: Assertiveness](#)
 - [Conscious Discipline® Blog Post – Seven Powers: Power of Attention](#)
 - [20 Minute Webinar on YouTube: Power of Attention with Dr. Becky Bailey](#)
 - [23 Minute Webinar: Reclaim Your Power with Assertiveness with Master Trainer Kim Jackson](#)
 - [Power of Attention Graphic \(Focus-Redirect-Change\)](#)
 - [Skill of Assertiveness Graphic \(Voice of No Doubt\)](#)
 - [Blog Post: Creating the Habit of Noticing](#)
 - [8 Minute Video - Noticing](#)
 - [Think- “Name, Verb, Paint,” Instead of “Don’t”](#)
 - [Video – The Basics of the Assertive Voice & How to Use the Strategy “Name + Verb + Paint”](#)
 - [Graphics – Structure: Visual Routines](#)
- **Power of Unity and the Skill of Encouragement**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey – Chapter 6
 - [Online Book Portal – Chapter 6: Encouragement](#)
 - [Blog Post – Seven Powers: Power of Unity](#)
 - [Power of Unity - Dr. Becky Bailey - "Becoming the Best You Can Be" Webinar \(25-minute Video\)](#)
 - [Skill of Encouragement and Noticing – Graphics on Facebook](#)
 - [8 Minute Webinar – Getting Started with Wishing Well](#)
 - [I Wish You Well Song on YouTube](#)
 - [Video: Learning the Skill of Encouragement](#)
 - [Article: Creating the Habit of Noticing](#)
 - [Video with Dr. Becky Bailey - Noticing](#)
- **The Power of Free Will and the Skill of Choices**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey – Chapter 7
 - [Online Book Portal – Chapter 7: Choices](#)
 - [Blog Post – Seven Powers: Power of Free Will](#)
 - [Power of Free Will – 25 Minute Webinar with Dr. Becky Bailey](#)
 - [Five Steps for Two Positive Choices – Conscious Discipline® on Facebook](#)
 - [Skill of Choices Commitment and Formula – Conscious Discipline® on Facebook](#)
 - [Video: Learning the Skill of Choices](#)
 - [When Not to Use Two Positive Choices](#)
 - [Activity to Create Two Positive Choices](#)

- **The Power of Acceptance and the Skill of Empathy**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey – Chapter 8
 - [Online Book Portal – Chapter 8: Empathy](#)
 - [Blog Post: Seven Powers: Power of Acceptance](#)
 - [30-minute Webinar: Power of Acceptance with Dr. Becky Bailey](#)
 - [Webinar with Certified Instructor Amy Zolessi: Handling Everyday Upsets, Tantrums and Teaching Social Skills](#)
 - [Webinar with Master Instructor Jill Molli: Using Conflict to Teach Part 1 – The Key Steps for Healthy Conflict Resolution](#)
 - [Skill of Empathy and the D.N.A. Process Infographics on Facebook](#)
 - [Video – Power of Empathy with Dr. Becky Bailey](#)
 - [Video – Developing Empathy – Conscious Discipline® Skills](#)
 - [D.N.A. Process](#)
 - [D.N.A. Process and Compliance](#)

- **The Power of Love and the Skill of Positive Intent**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey – Chapter 9
 - [Online Book Portal: Chapter 9: Positive Intent](#)
 - [Blog Post - Seven Powers: Power of Love](#)
 - [21 Minute Webinar: Power of Love with Dr. Becky Bailey](#)
 - [47 Minute Webinar: Guiding the Most Challenging Children](#)
 - [10 Minute Video: Connecting with Your Kids with I Love You Rituals](#)
 - [What Does Positive Intent Really Mean?](#)
 - [1 minute Video - Learning the Skill of Positive Intent](#)
 - [2-minute Video – How can you see positive intent in a child that consistently has undesirable behaviors?](#)
 - [4-minute Video – Reframing our Intent from Negative to Positive](#)
 - [Reframing our Intent from Negative to Positive \(Graphics\)](#)

- **The Power of Intention and The Skill of Consequences**
 - Book: [Conscious Discipline® – Building Resilient Classrooms](#) by Dr. Becky Bailey: Chapter 10
 - [Online Book Portal – Chapter 10: Consequences](#)
 - [Blog Post – Seven Powers: Power of Intention](#)
 - [25 Minute Webinar: Power of Intention with Dr. Becky Bailey](#)
 - [Comparing Punishment and Conscious Discipline® Consequences](#)
 - [Video - What are Logical Consequences and how do we use them with Children?](#)
 - [Graphic - The Differences between Punishments & Consequences](#)
 - [The Difference Between Consequences & Punishments](#)
 - [Why Conscious Discipline® Consequences Work and Punishments Don't \(And How to Give Effective Consequences\)](#)
 - [The Three Types of Consequences and How to Give Them \(Part 2\)](#)
 - [Conscious Discipline® Consequences: FAQs and Common Scenarios \(Part 3\)](#)

- **Conscious Discipline® Seven Skills – Additional Information**
 - [Webinar: CliffsNotes for the Skills of Conscious Discipline®](#)
 - [Seven Skills of Conscious Discipline®](#)
 - [Conscious Discipline® Website](#)
 - [Conscious Discipline® on Facebook](#)

Assembled by Angela M. Vierkant, Parent Aware Quality Coach and CLASS Coach with Child Care Aware of Minnesota, Southern and Families First of Minnesota.