

# Conscious Discipline: Introduction to Breathing

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# Welcome!

As parents we want to support our little ones during tough times. However, adults can't help children navigate upset feelings and reach a calm state unless we are composed ourselves. In this workshop we will learn about Conscious Discipline's four core active calming and breathing techniques.

# Introductions

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If you are comfortable sharing:

- Ages of children you care for (or of children in your family)
- What you are hoping to learn today



# What is Conscious Discipline?



- **Social Emotional Learning for All Ages:**
  - Trauma-Informed
  - Evidence-Based
- **Not just for educators and classrooms - book and curriculum written for parents!**
- **Made up of 4 components:**
  1. Brain State Model
  2. Seven Powers for Conscious Adults
  3. Creating the School Family
  4. Seven Skills of Discipline

*We can all benefit from social emotional learning- teachers/caregivers, parents, adults in relationship with others, and as we interact with the world around us.*

# Breathing through the chaos...

*“Breathing isn’t only essential to keep us alive, it also impacts our emotions, attention, and how our brains process the world around us.”*

~Aarhus University



Source: <https://neurosciencenews.com/breathing-brain-21796/>

# Why is breathing so important?

Practicing deep breathing is one way to intentionally take care of ourselves.

- When stressed or upset we unconsciously breathe irregularly or hold our breath.
- Deep breathing directly effects the overall activity level of the brain to help us calm down.
- So in situations when we are overwhelmed or upset, we can achieve a sense of calm through our breath.
- And thanks to brain plasticity, practicing deep breathing can allow us to train ourselves to handle stress and upset more effectively.



# Why is breathing so important for our children?

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- Young children co-regulate with trusted adults and older children feed off our internal states. Our calm nurtures their calm. Our distress increases their distress.
- *Check in with yourself. How are you feeling?*
- Practice active calming by taking three deep breaths when you feel yourself becoming frustrated, fearful, angry or desperate. Seek out activities and call people who calm you.

Source: <https://consciousdiscipline.com/>

# How to Practice Deep Breathing

Take deep belly breaths.

Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds.

Do this at least 3 times.





# The Flower and the Candle

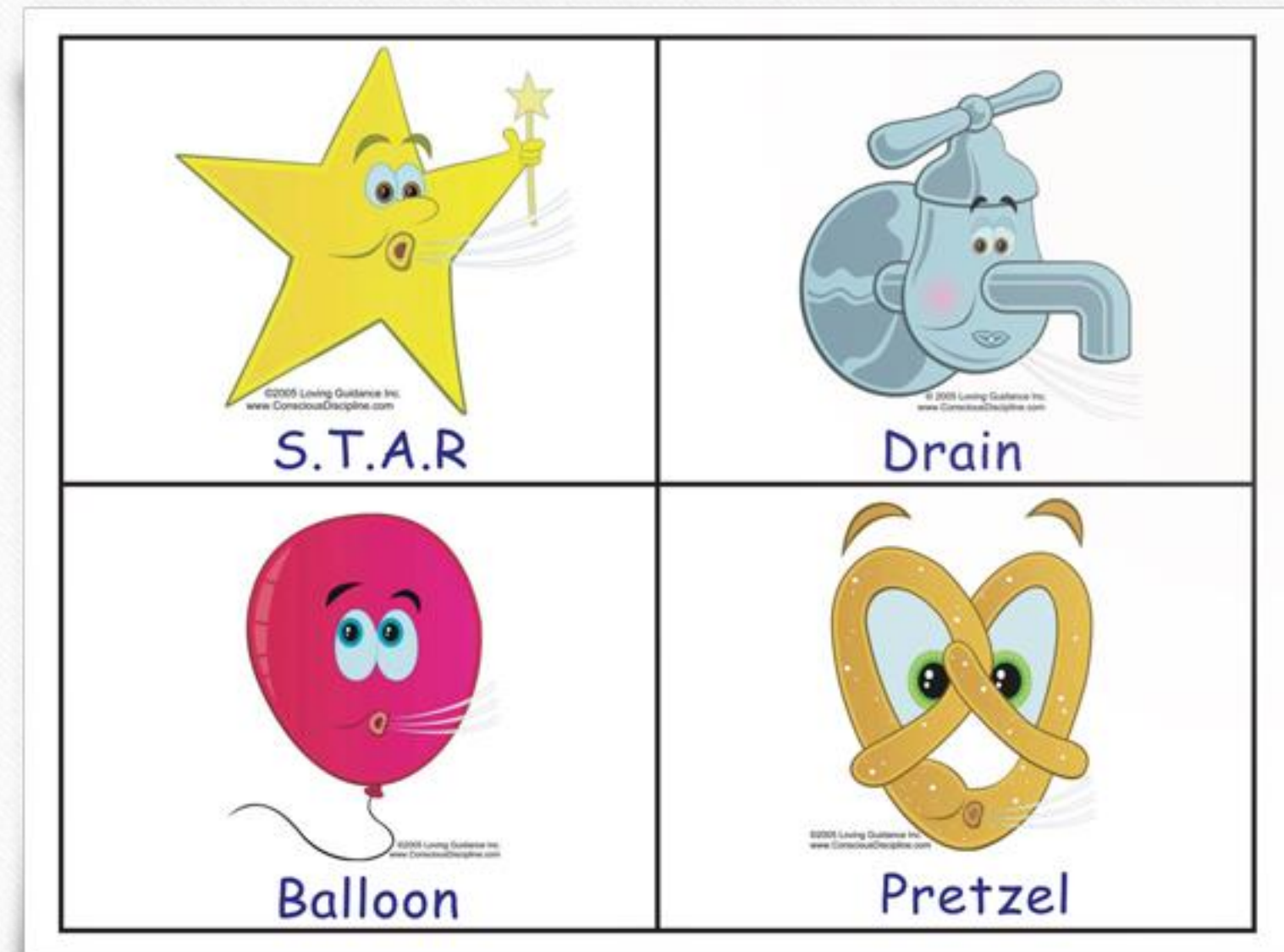
**Breathe  
with me**



# We can also teach our young children to breathe during tough times!

The four core active calming techniques used in Conscious Discipline:

- S.T.A.R.
- Balloon
- Pretzel
- Drain.



# S.T.A.R.



**S**mile, **T**ake a deep breath **A**nd **R**elax.

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.

# S.T.A.R.



# 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 “pbpbpbpb” sound.



# Balloon



# 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.



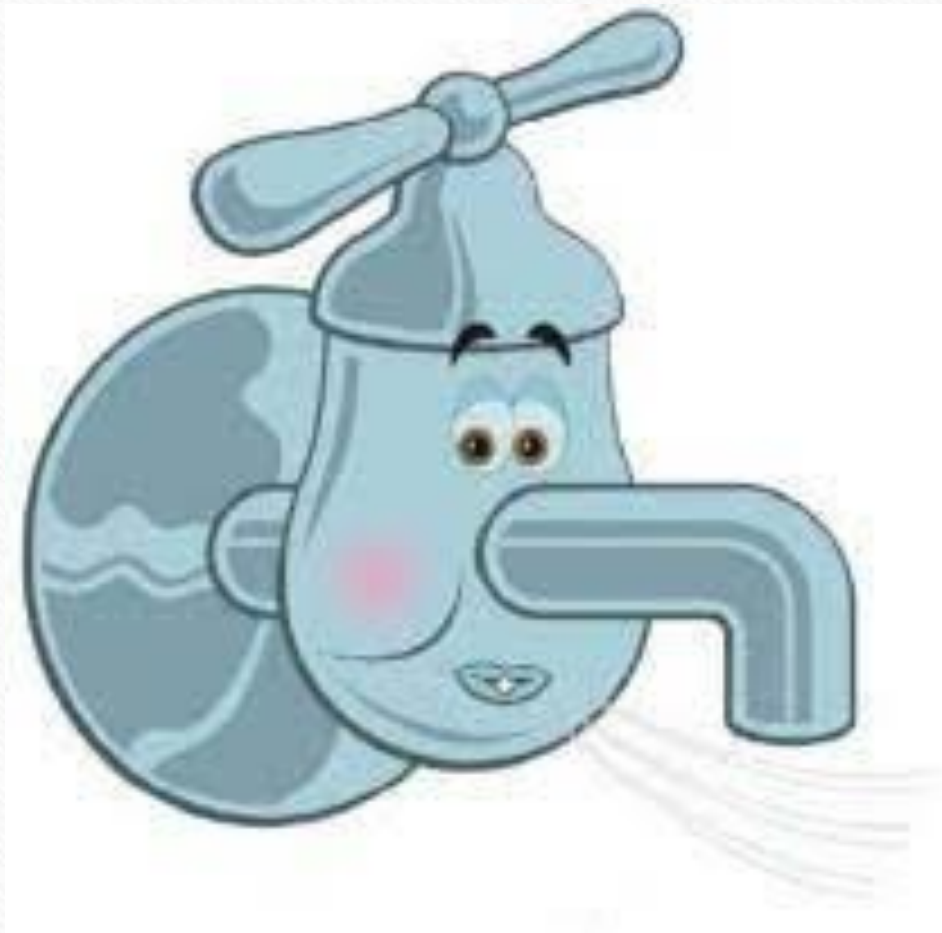
# Pretzel





# 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.



# Drain

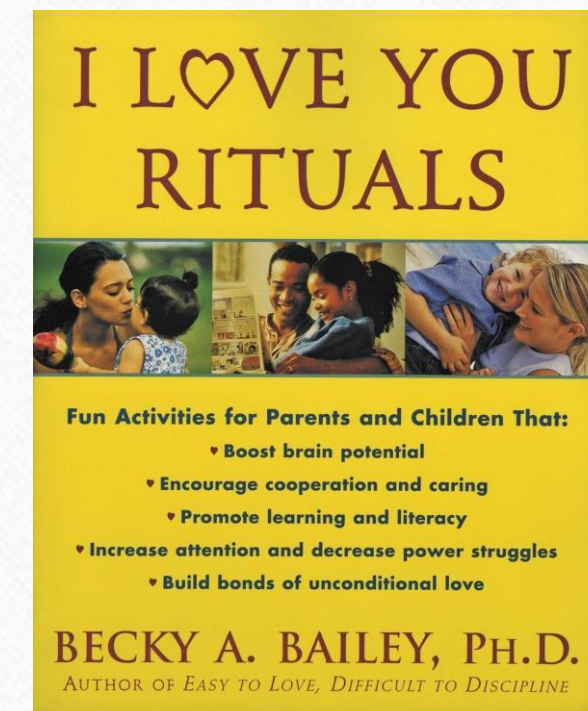
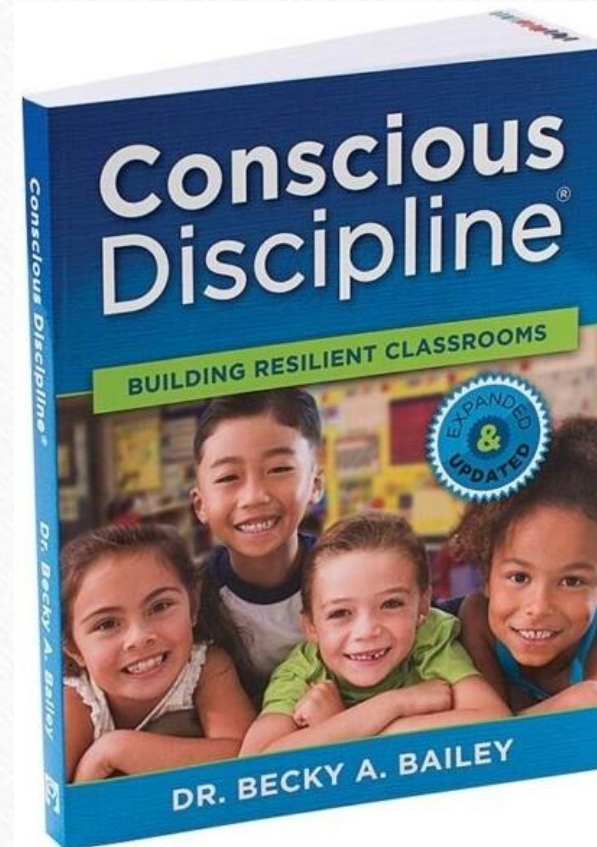


- **Remind** yourself to breathe when you are feeling upset or facing a challenging situation.



- **Teach** these techniques to children and find ways to incorporate them into daily activities. Encourage children to breathe when the going gets tough!





For more information about Conscious Discipline:

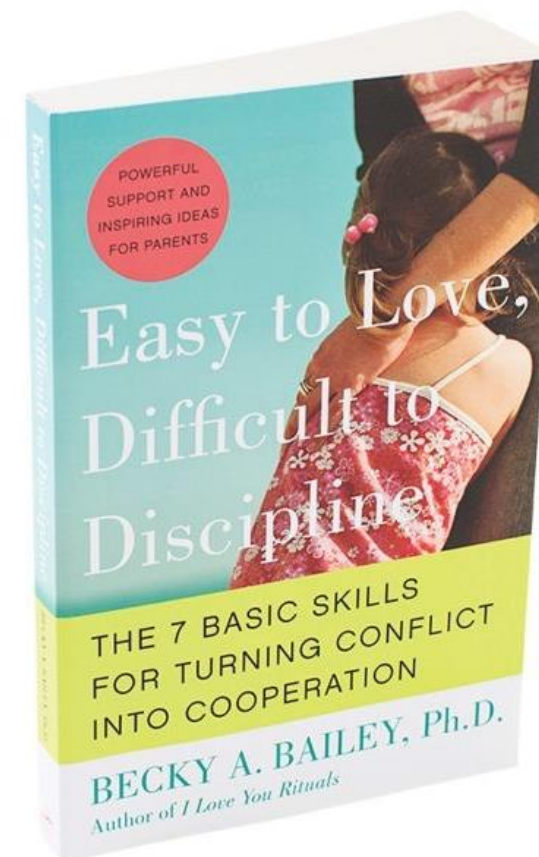
<https://consciousdiscipline.com/>

For Parents:

<https://consciousdiscipline.com/product/easy-to-love-difficult-to-discipline/>

For everyone who works with children:

<https://consciousdiscipline.com/product/the-new-conscious-discipline-book-expanded-updated/>



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