

# How The Skills & Structures Of Conscious Discipline Help Bring You To The Present Moment

2 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=7H9T-A0B6YI](https://www.youtube.com/watch?v=7h9T-A0b6YI)  
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## SUMMARY

*The discussion emphasizes the importance of staying present, particularly when working with young children who naturally live in the moment. Techniques and skills are introduced to help adults connect with children and maintain focus on the present, which is essential for emotional safety and effective learning.*

- *Children inherently live in the present, making it crucial for adults to join them there.*
- *Techniques like "noticing" and the "kindness tree" are foundational to conscious discipline.*
- *Staying present involves focusing on desired outcomes and practicing mindfulness through breathing.*
- *The concept of "Brain Smart Start" encourages letting go of past events and distractions.*
- *Attention is powerful; what you focus on expands, so it's vital to concentrate on positive aspects.*
- *Rituals and calming practices in school settings help facilitate a present-focused environment.*
- *Being in the present moment unlocks safety, brilliance, and wisdom for both children and adults.*

we're trying to pull everyone every skill everything we do tries to pull you to the present moment not the future not the past not what someone said 20 years ago right now now the reason for that is when you work especially with young children they live in the present moment right if you say oh we're going to go to Grandma's house next week they get in the car today I mean they're already at

the front door and you're like whoa whoa whoa whoa so they live in the present if we're off in the future or in the past we've abandoned every child in our room so first of all we just got to get there to join them to connect with them so we have all these skills first of all we have noticing which is the core of conscious discipline which I'm going to talk about next we have the kindness

tree stay present f focus on what you want stay present focus on what you want breathing come back to the present moment come back to the present moment brain Smart Start let go of what happened try to slide to the left or slide to the right right uh the power of attention you focus focus focus what you focus on you get more of what do you want more of focus on it what do you want more of focus on it what do you

want more of focus on it the school family with all the rituals calm this stuff down so that you have a shot of getting here do you see everything we do everything is to get you to the present moment but every skill is to keep you as an adult more likely to stay there also because in the present moment is where your safety your Brilliance your wisdom everything lies in the present moment and if you can get there

you're brilliant and you know that it's when you miss it things get a little Ry