

WSMV News - Becky Bailey visits the North Bay Elementary School Family in Biloxi, Mississippi

2 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=9XmGY8SEA4K](https://www.youtube.com/watch?v=9XmGY8SEA4K)

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SUMMARY

Dr. Becky Bailey, the creator of the Conscious Discipline program, visited North Bay Elementary in Mississippi to showcase how her techniques foster a safe and positive environment for children. Her approach emphasizes emotional management and conflict resolution, significantly impacting students' behavior and relationships.

- *Conscious Discipline is a program designed to create safe, positive school environments.*
- *Dr. Bailey demonstrated how to handle bullying without violence during her visit.*
- *The program has been implemented in over 50,000 schools across the U.S.*
- *Techniques include breathing rituals to help students manage emotions and conflicts.*
- *Students learn empathy, kindness, and celebrate each other's successes.*
- *Bailey's methods are also being adopted in businesses and homes worldwide.*
- *She signed copies of her new book for the staff at North Bay Elementary.*

[Music] the founder of a popular program that's being used in classrooms across the country made her first visit to a south Mississippi school today assignment education reporter TR P Buie is right here right now with the details TR David if you're an education you probably heard of conscious discipline Dr Becky Bailey is the creator of that program she's also an award-winning author and early childhood education expert who just wants to turn schools into a safe positive environment for children

what if I did this stupid Dr Becky Bailey took on the role of a bully to show how children should react without using violence I don't like it when you call me names Bailey visited North Bay Elementary in bxy to see how her conscious discipline technique is changing the way children treat each other North Bay Elementary is doing a phenomenal job with conscious discipline my heart sings it's uh it's impressive North implemented conscious discipline four years ago help your mom

do the dishes yeah it's a philosophy to help guide and discipline children so they can learn to manage their own emotions and behavior to resolve conflicts and achieve their goals once I learned how to handle myself we do the same things with the kids so when the kids go no like this we go breathe breathe you can handle this but look what happens when you flip your lid then you might say things you don't mean to say Bailey strategies have been

used in more than 50,000 schools all over the country we do a breathing ritual to begin our day um to calm any upset that's inside of our body our students are taught breathing strategies to deal with anything that they

encounter throughout the day so we're just trying to let her see that that conscious discipline truly has made a positive impact in our school makes me feel safe because I know that everyone will be like a class family and we never

hurt each other's feelings the children learn to show empathy celebrate each other's successes and basically be kind to one another that I get paid to be a nicer person so I go around the country and just teach myself how to be a nicer person and it's it's a great way to make a living what a positive lady now conscious discipline is also being used in businesses and homes worldwide now after her visit today Dr Bailey signed

copies of her new book for every staff member at North Elementary Karen