

# Simple Steps to Start Implementing Conscious Discipline in Middle School

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZRL7DCE7OHQ](https://www.youtube.com/watch?v=ZrL7DCE7oHQ)  
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## SUMMARY

*The speaker emphasizes the importance of personal connections with students as they enter the classroom, advocating for intentional greetings and observations to better understand their emotional states. They suggest incorporating brief sharing sessions and mindfulness practices to foster a supportive learning environment.*

- *Greet each student individually at the door to establish a personal connection.*
- *Look for non-verbal cues from students to gauge their emotional well-being.*
- *Allow a couple of minutes for students to share positive experiences or concerns.*
- *Teach students about brain states and the importance of mindfulness.*
- *Encourage deep breathing exercises to help students transition between activities.*
- *Create a supportive classroom atmosphere that prioritizes emotional awareness.*

I would start off by greeting every kid at the door yourself make high eye contact with them high five them fist bump bu or whatever it is so that you see every single kid coming in your classroom and that you can make a conscious effort to notice that child and see if they're coming in bringing something and and looking for those signals that that may they may be sending you that you wouldn't have noticed if you're at your desk getting

ready for the class sign are like you know my life is not going as I'd hope exactly like please help me because at this age they're not going to say please help me they're just going to have some kind of body language telling you that okay I think I think that's a super easy thing to do I think also you know connect with them give them two minutes at that beginning of the class to talk about what's going on share something

fun with me share some good things that are happening in your life right now so that you know what's going on and what drives that kid and then again I am a strong believer in the taking the time to teach the kids the the brain States and the breathing component and I know that's a big thing um but that whole if you could just take three deep breaths every time you you move to some other activity just to bring them back

together um it'll start those kids off on the right foot