

POSITIVE DISCIPLINE LANGUAGE

3 A's of Anger

Acknowledge:

- It seems like you are really angry.

Allow Anger:

- It's okay to feel angry. I have felt angry many times.

Acceptable Solutions:

- Would you like to punch a pillow?
- Would you like to go to the peace corner?
- Would you like to take some breaths with me?
- Would you like to jump up and down on the porch?

Repair can come after child has de-escalated (unflipped their lid)

Curiosity Questions

(get down on child's level and provide a gentle and curious tone)

- How do you think that turned out?
- I notice you seem frustrated. How can I help?
- What would make your friend feel better (then, if they can't come up with something) Would you like some ideas?
- Where does this work go?
- Do you think there's another way to do this so that everyone in our class can keep focusing?
- Do you think there's another way to do this so that our class materials can be used by everyone for a long time?

Connect Before Correct

Sometimes when it's time to pack away, I get really frustrated because I'm so into what I'm doing. I wonder if you're feeling that way right now? Would you like to put your name tag on this work so that you can come back to it later today?

Encouragement for a Child who Struggles to Persevere

- I noticed that you kept trying even when it looked like it was hard. That can be so hard to do, but you did it!
- You worked really hard on that. How do you feel?

Show Faith with a Reminder of What the Child Can Do

Remember yesterday when you finished that puzzle, and it was so tricky?! It was hard, but you did it! I wonder if you'd have that same feeling with this work.

Check the Child's Understanding

- How do you think it should go?
- What are we doing right now?
- What do you think would help the classroom to get ready right now?
- What do we need to do before we can go to circle?

Nonverbal Redirection

Get down on child's level. Gently touch their shoulder (unless they are a child who does not want to be touched), and non-verbally ask them to come with you. Point to the task that needs to be done, and talk to them with your eyes about what needs to be done. Try not to speak, but if you need to, use quiet, minimal words.

Asking Questions

- What do you do with your hands after you use the bathroom?
- What do you need so you will be warm outside?
- What happens with your dishes when you finish snack?

Give Appropriate Power

- I appreciate how helpful you always are. I'm wondering if you have any ideas for how to help _____ feel better? It looks like they could use some help.
- Would you like to use the timer to help you pack away your work? How long should we set it for?

Invite Cooperation, then Give a Limited Choice

I see that you're excited for _____! I love _____ too. Would you like to pack away the brown stairs or the red rods first so that you can _____?

