

ASSERTIVENESS and the power of ATTENTION

Breathe:



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 “pbpbpbpbpb” sound.

Love Ritual:

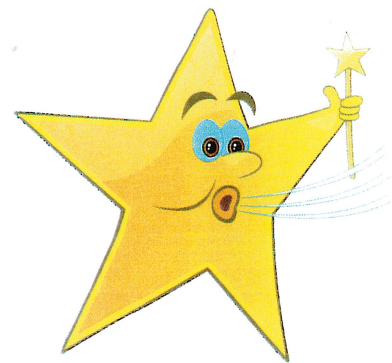


- ♪ **Round and round the garden,**
Trace circles on child's tummy.
- ♪ **Goes the teddy bear.**
Keep circling.
- ♪ **One step,**
Use fingers to step toward child's chin.
- ♪ **Two step,**
Keep stepping.
- ♪ **Tickle under there!**
Tickle gently under child's chin.

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Assertiveness Requires:

- Focusing on the behavior we want to see:
“Stop running.” “Walk.”
“Don't be so loud.” “Match your voice to mine.”
- The intention of helping children be successful:
Teach instead of punish.
- A tone of voice that has no doubt in it:
Speak in the same matter-of-fact voice you would use to say, “The sky is above me.”
- Words and hand motions that clearly tell what to do with Name, Verb, Paint:
Name: “Caitlin,”
Verb: “Put...”
Paint: “...the block in the box,” while pointing first to the block and then to the box.



Remember to S.T.A.R.: **S**mile,
Take a deep breath **A**nd **R**elax!
Three deep belly breaths calm
your brain and body.

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