

You  
Did It!

You \_\_\_\_\_  
So \_\_\_\_\_!

That was  
Helpful!

“You wanted \_\_\_\_.  
You may not \_\_\_\_,  
\_\_\_\_\_ing hurts/  
Is not safe.”

“When you want  
\_\_\_\_, you may \_\_\_\_  
or \_\_\_\_\_. Which do  
you choose?”

“You seem \_\_\_\_.  
Something must  
have happened.”

“Your body is  
telling me you  
might be  
feeling \_\_\_\_\_.”

“Your \_\_\_\_\_  
went like this  
(demonstrate).”  
“There you are.”

These posters can be made full sheet size and put around your room / home as helpful reminders of what you can say when a child/adult are in these different brain states. The red sign corresponds to “fight or flight” survival reactions associated with the lower center, brain stem state. The blue signs correspond with language to cope with a lower center, emotional, limbic state. The green signs reflect access to the prefrontal lobes, which represent a problem solving, higher order brain state and will vary depending on the developmental age of the child. The purple signs simply remind you of helpful noticing phrases. This is part of the Make-N-Take CD from Conscious Discipline / Loving Guidance.  
1-800-842-2846 [www.consciousdiscipline.com](http://www.consciousdiscipline.com) [lrice@nmhsa.org](mailto:lrice@nmhsa.org) [www.lesaricebuildingconnections.com](http://www.lesaricebuildingconnections.com) (231)383-0311

## Language

S.T.A.R.

You Did it!

You \_\_\_\_\_ so \_\_\_\_\_, that was helpful!

Did you like it?

You may \_\_\_\_\_ or \_\_\_\_\_. What is your choice?

You wanted \_\_\_\_\_. You may not \_\_\_\_\_. When

you want \_\_\_\_\_ say \_\_\_\_\_.

You seem \_\_\_\_\_. Something must have happened?



## Tools of Conscious Discipline



Brain Smart® Start



Safe Place



Friends & Family Board



Jobs Board



Helpful Board & Books



Wish Well Board



Time Machine



Picture Rule Cards



Celebration Center



We Care Center



Class Meetings

## Rituals



Greeting



Goodbye



New Child



Absent Child



Testing



Life Change



School Family Song



I Love You Rituals®



Moving Ritual



Holiday Ritual



Meal Ritual