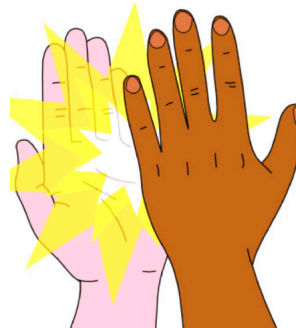
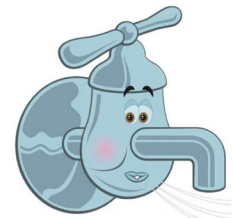


# A Brain Smart® Start For Our Day



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# Introduction

Dear Parent,

**This book is a guide so you can practice a Brain Smart Start® at home with your child.** A Brain Smart Start is a framework that Conscious Discipline by Dr. Becky Bailey gives us so we can start our day in the best state for learning and interacting with others.

In Conscious Discipline we know that all behavior comes from an internal state. This book will help guide you so that you and your child start your day in an optimal state and make the best out of your day!


**For optimal results, revisit this guide throughout your day.**

**A Brain Smart Start has four components:**

♥ **Activity to Unite**    ♥ **Activity to Disengage Stress**    ♥ **Activity to Connect**    ♥ **Activity to Commit**

In addition, this book includes a few extra activities based on the Conscious Discipline program that will support you in helping your child maintain this optimal state throughout the day!

***Have fun with this and enjoy this time with your child!***

 **Choose any song you like and dance to it with someone in your family.**

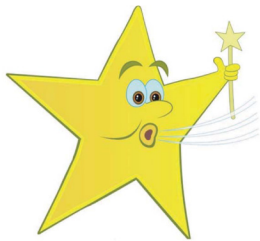
***Have fun with it!***



# ♥ Activity to Disengage Stress

**Let's start our day by breathing because this helps me and everyone in my family feel calm, relaxed and ready to start our day!**

***Today, as a family, we choose to breathe like this: \_\_\_\_\_ (Pick one)***



## **S.T.A.R.**

**Smile,  
Take a deep breath  
And  
Relax.**

Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



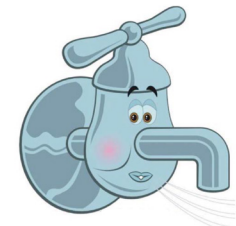
## **Balloon**

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 “pbppbpbppb” sound.



## **Pretzel**

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

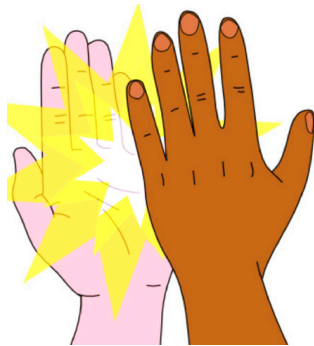


## **Drain**

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.

**Choose a greeting or make one up and connect by greeting everyone who is at home!**

***Make sure you practice a greeting that is safe and includes Eye Contact, Presence, Playfulness and Safe Touch\****



**Almost High Five**



**Elbow Touch**

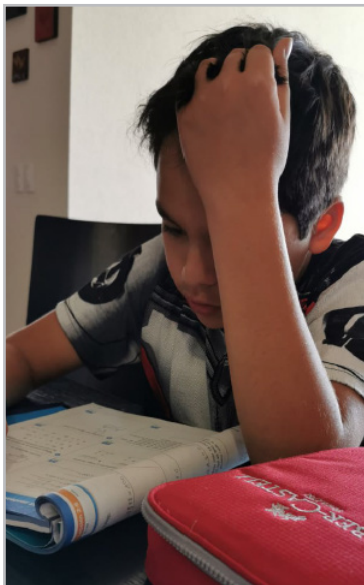


**Foot Encounter**

**\* These are the four core components required to truly connect with others.**

# What is your goal for today? What do you COMMIT to achieving today? (Pick one)

1.



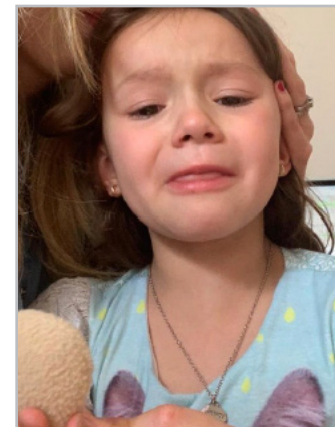
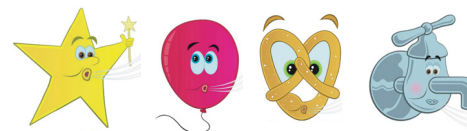
**I will complete all my schoolwork.**

2.



**I will clean up my work area and put away everything I take out.**

3.



**I will take 3 deep breaths when things get hard today.**

4.



**I will use kind and encouraging words today.**





**Let's now take a moment to wish each other  
and others well.**

***Who are we going to wish well to?***



**Our Country?**



**The World?**



**Our School Family?**



**Our Family?**



**The Elderly?**



**Doctors and Nurses?**

**Let's put them in our heads, slowly take them to our hearts,  
let's hold space for them in our hearts, fill our hearts with LOVE,  
and send that love out to them.**

**(SLOWLY AND INTENTIONALLY DO IT NOW)**



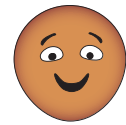
**What is something kind I can do for others  
in my family today?**

***Share something you can do and also look for  
the kindness happening throughout the day!***



**Color a heart on this kindness tree every time you see an act of kindness happening at home. Count hearts at the end of the day.**





I will contribute to my family by doing a job.  
*My job today will be:* \_\_\_\_\_.



**Fold Laundry**



**Set the Table**



**Water the Plants**



**Make My Bed**



**Wash the Dishes**



**Take Out the Trash**



**Feed Our Pet**



## Today, I can choose to take some time to show others that I care.

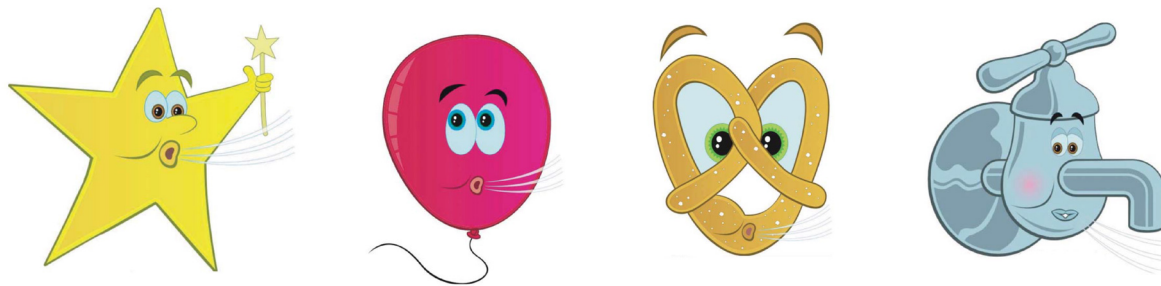
*Something I can do is create a card, make a drawing, dictate a message for an adult to write or write a letter to someone I love that I can't see today, letting them know that I CARE! I can do this for Grandma or Grandpa, a neighbor, a cousin, a friend...*



**Now I am ready to have a great day, are you?**

***We can choose to make this a day of unity,  
contribution and composure. We can choose to  
learn from our mistakes and be BRAIN SMART!***

**We've got this!**



**I am safe, keep breathing, I can handle this!**