

Reflections on Conscious Discipline

February 11, 2009

Encouragement

Building the School Family

Last week, I printed the school family song that we sing at group time. As a teacher, I really appreciate the value in seeing our class as a school family.

One way in which we emphasize this concept is by helping the children understand when one of their classmates is having difficulty coping with a particular situation. When one child is experiencing an intense emotion, such as sadness or anger, we take a moment as a class to understand what this child may be feeling and why. "How do you think _____ feels?" "Why do you think _____ feels that way?" The children are amazingly perceptive and their verbalizations about why the child may be upset are very accurate. If the upset child needs a few minutes away with an adult, we take a moment as a group to wish him/her well. Here is the wish well song. It is sung to the tune of The Farmer in the Dell.

"We wish you well!"
We wish you well!
All through the day today-
We wish you well."

