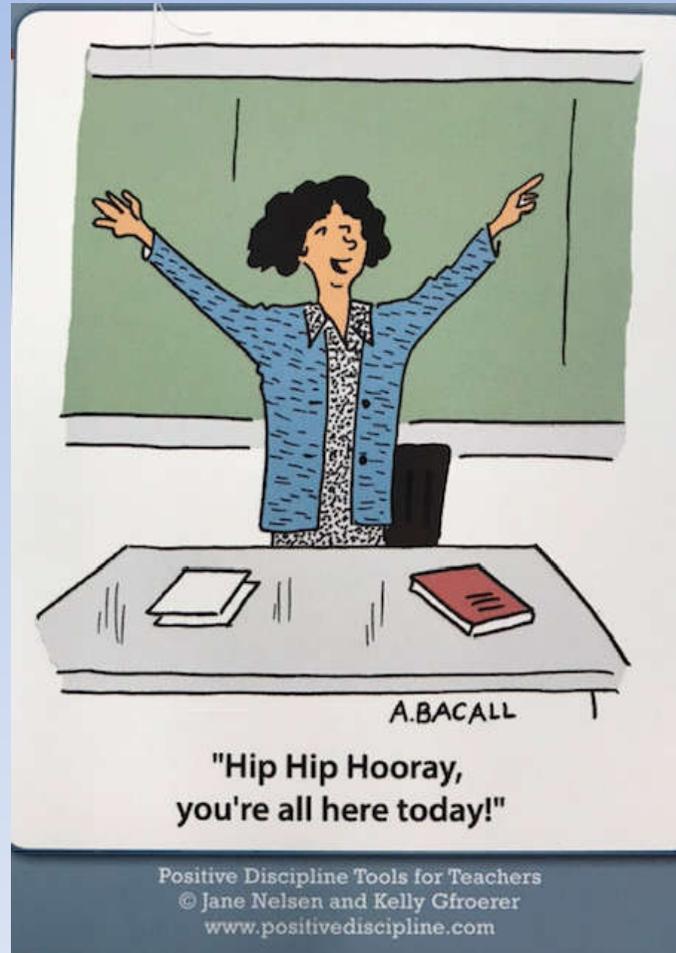




Positive Discipline: The Key to Learner Autonomy





Everyone wants...

- to belong
- to feel valued
- to have a choice
- to have a voice
- to contribute



What are the challenges you face as a teacher?

What characteristics do you want to encourage in your learners?



Challenges

Chatting
Answering back
Lack of motivation
Lying
Not listening

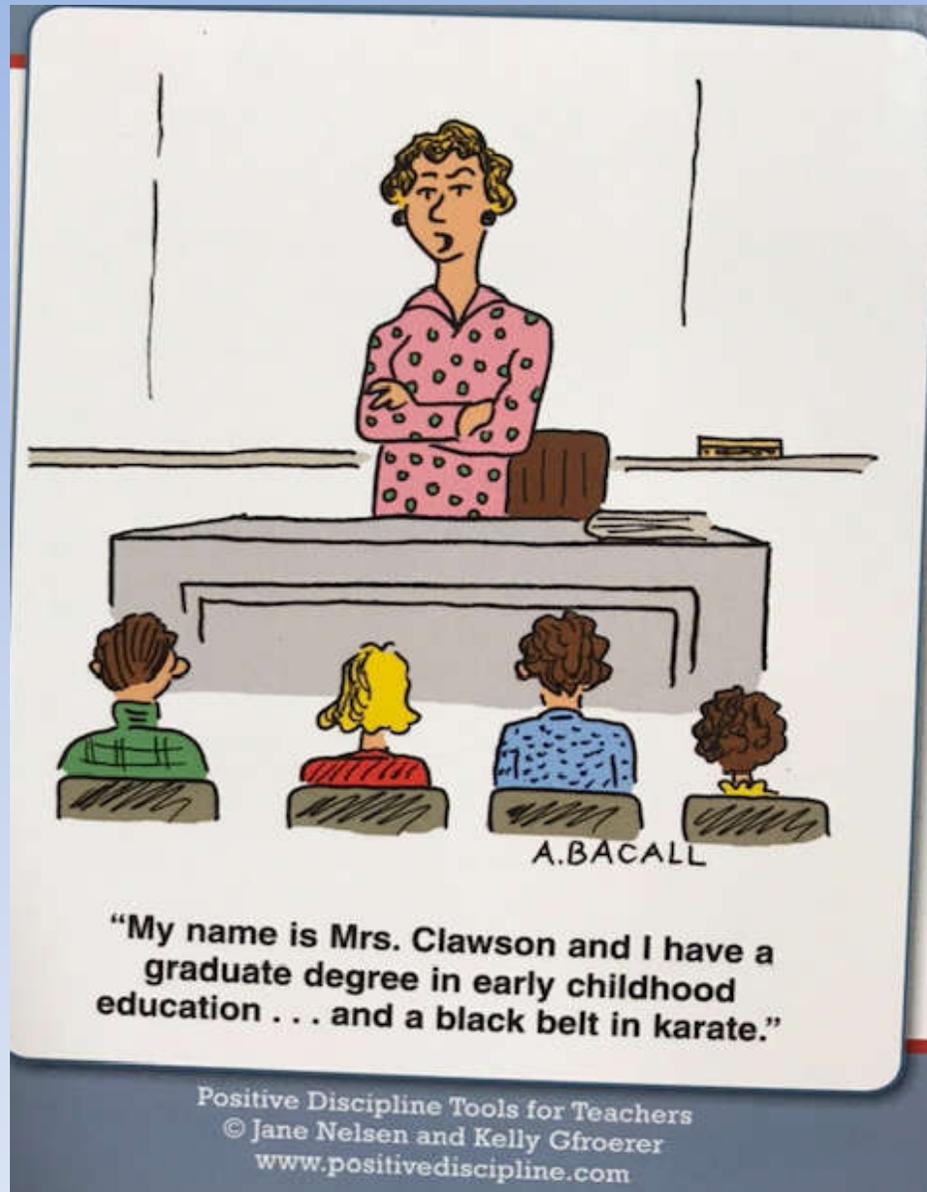
Characteristics

Responsibility
Honesty
Self-control
Problem-solving
Independence
Resilience
Cooperation
compassion



Elements of P.D.

- Kind but Firm
- Effective long Term
- Fosters social & life skills
- Encourages Problem Solving, cooperation, respect.





No Rewards??

No punishments??

Name and date



No Rewards??

- Rewards teach external motivation
- The 4 Rs of Recovery:
 - RECOGNIZE you made a mistake
 - Take RESPONSIBILITY for your behaviour
 - RECONCILE and apologize if necessary
 - RESOLVE by focusing on a solution



No Punishments???

-Logical Consequences

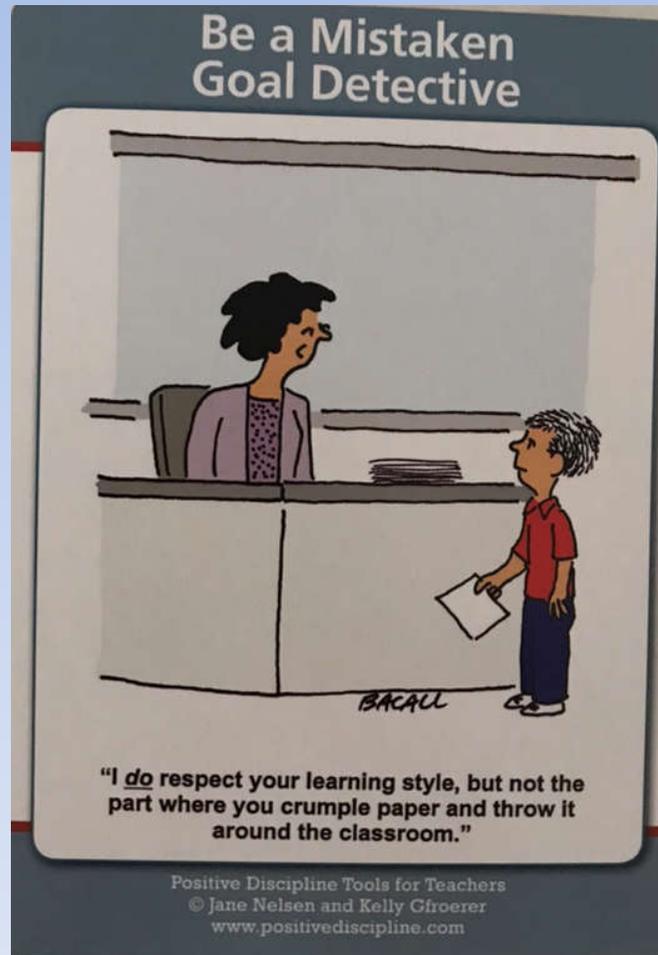
Privilege = Responsibility

Consequences must be-

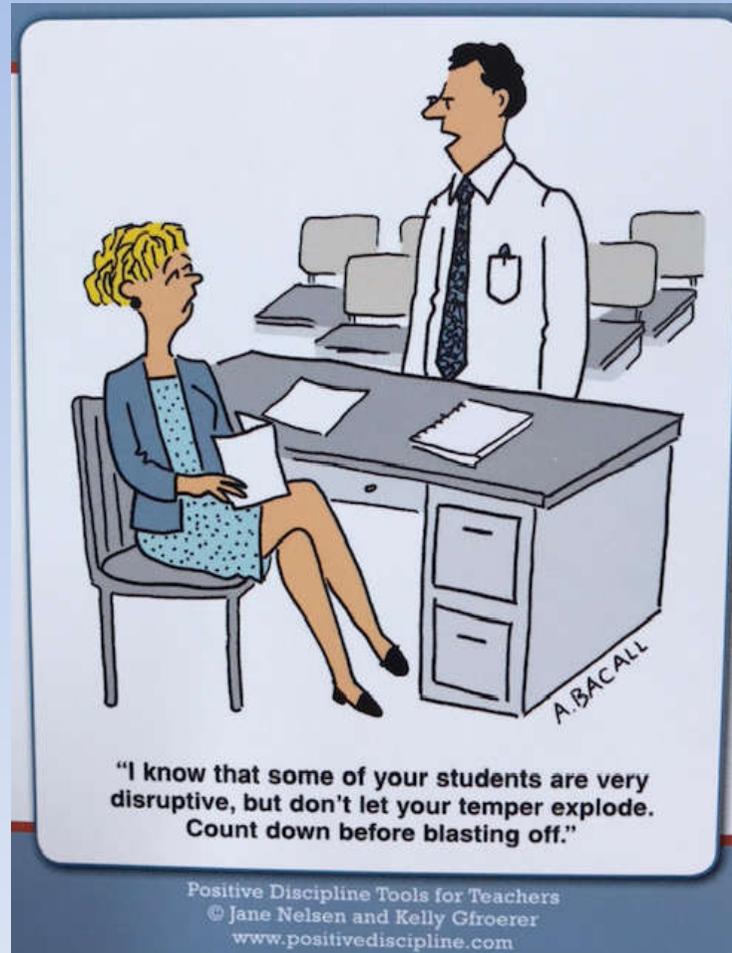
- Related
- Respectful
- Reasonable
- Helpful



Students' behaviour



Understanding the brain





Mistaken Beliefs

- Think of a difficult student
- How do they act?
- How do they make you feel?
- How do you often react? Is this effective?



Students' beliefs:

I only belong when...

- I'm getting attention
- I'm keeping others busy with me
- I'm in control

I don't belong so...

- I'll hurt others as I feel hurt
- I'll convince others not to expect anything from me as I'm too inferior



Problem Solving Steps

- Identify a problem
- Brainstorm as many solutions as possible
- Choose one
- Try it for a week
- Review at next class meeting
- Evaluate & choose another one if necessary

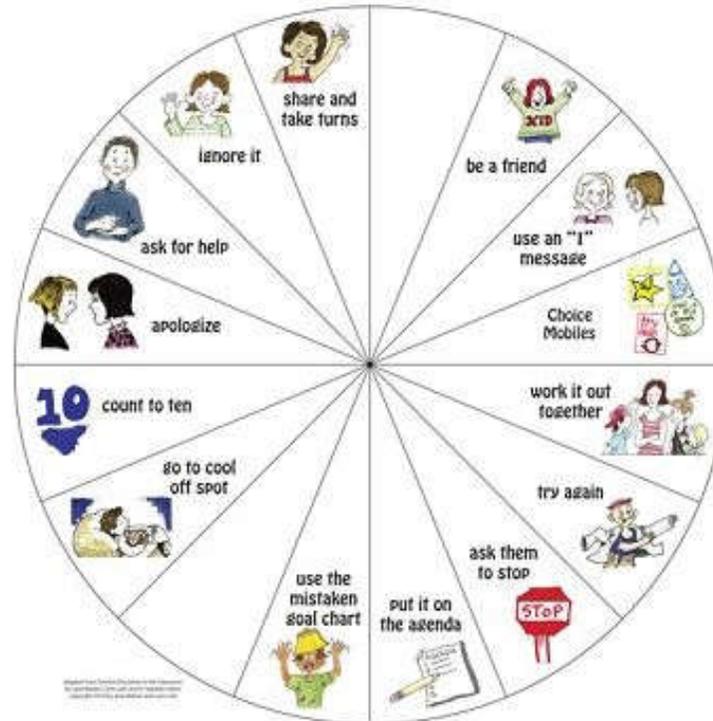
Thank you for coming!



Wheel of Choice

The Wheel of Choice: A Problem-Solving Program

by Lynn Lott and Jane Nelsen





Self Care

- Make a list of things to feed your heart & soul
- Make time for yourself EVERY DAY
- “I’m a brilliant teacher” photo album
- Ask for help
- Give up guilt
- Hang out with positive vibes