

# Make-N-Take

## Project: Brain Smart® Start Chart

### Materials:

- 4 PVC pipes cut to 3 inches in length
- 2 PVC pipes cut to 13 inches in length
- 1 PVC pipe cut to 11 inches in length
- 2 PVC corner connectors
- 2 PVC 3-hole joints
- Laminated Brain Smart® Start pages
- Laminated Brain Smart® Start icons
- 2 binder rings
- Velcro dots



### Usage:

The Conscious Discipline® Brain Smart® Start of the day consists of four activities: An activity to unite, an activity to connect, an activity to disengage stress and an activity to commit. Each of these activities is based on scientific research about optimal brain function and mind-body states. Current research and common sense tells us that if our inner state is peaceful, our view of life is more optimistic and our behavior is more helpful. The Brain Smart® Start helps to change internal states from conflicted to peaceful. You will want to use it each morning in your classroom. The following are the components for your Brain Smart® Start:

1. Activity to unite as a School Family™. Involves everyone doing something together. Builds affiliation, safety, endorphins. Examples: • Pledge of Allegiance • School Family™ song/chant • Music and movement • Safe-keeper poem/chant • Rhythmic stomp and clap activities
2. Activity to disengage stress. Involves deep breathing and stretching. Prepares the brain for cortical learning and turns off stress response. Examples: • Guided relaxation • Deep breathing like S.T.A.R., drain, balloon and pretzel (download free images at [www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com)) • Stretching • Patterned movement
3. Activity to connect the students to the teacher and to each other. Involves eye contact and touch. Helps to maintain focused attention and motivation

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to learn. Also releases oxytocin and opiates that reduce all forms of aggression. Examples:

- Greetings (smile, handshake, high five, hug)

- Class greeting ritual
- Interactive song or poem
- I Love You Rituals
- Wish well ritual for absent students and others in need
- Welcome back ritual

4. Activity to commit oneself to learning. Involves affirmations and positive thinking. Produces serotonin, teaches responsibility and promotes mindful attention, developing the prefrontal lobe. Examples:
  - "Today I am going to \_\_\_\_\_."
  - Acting out affirmations with motions
  - "Listening ears, kind words, gentle touches, the right to pass."

The Brain Smart® Chart gives you a handy way to organize your Brain Smart® Start. Once you have made the chart, simply select icons that represent appropriate activities for your classroom. The icons are color-coded so it is easy to see which activities unite, connect, disengage stress and commit. There are also a number of blank color-coded squares for you fill in your own activities to unite, connect, disengage stress and commit.

Finally, it is helpful to assign a class job for managing the Brain Smart® Chart. This job would entail changing the Brain Smart Start® Chart on a daily or weekly basis.

### Directions:

1. Connect the two 13-inch pieces of PVC to the 11-inch piece of PVC using the corner connectors.
2. Connect the one 3-inch piece of PVC to one side of the 3-hole joint. Connect a second 3-inch piece to the other side of the 3-hole joint. Connect the top joint to the rest of the stand. Repeat for the other 3-hole joint.
3. Print and laminate the Brain Smart® Start pages. Attach the rough side of a Velcro dot to every square on each Brain Smart® Start page.
4. Hole punch two holes in the top of each Brain Smart® Start page and run a binder ring through each hole in the Brain Smart® Start pages.
5. Use the binder rings to hang the Brain Smart® Start pages on the PVC

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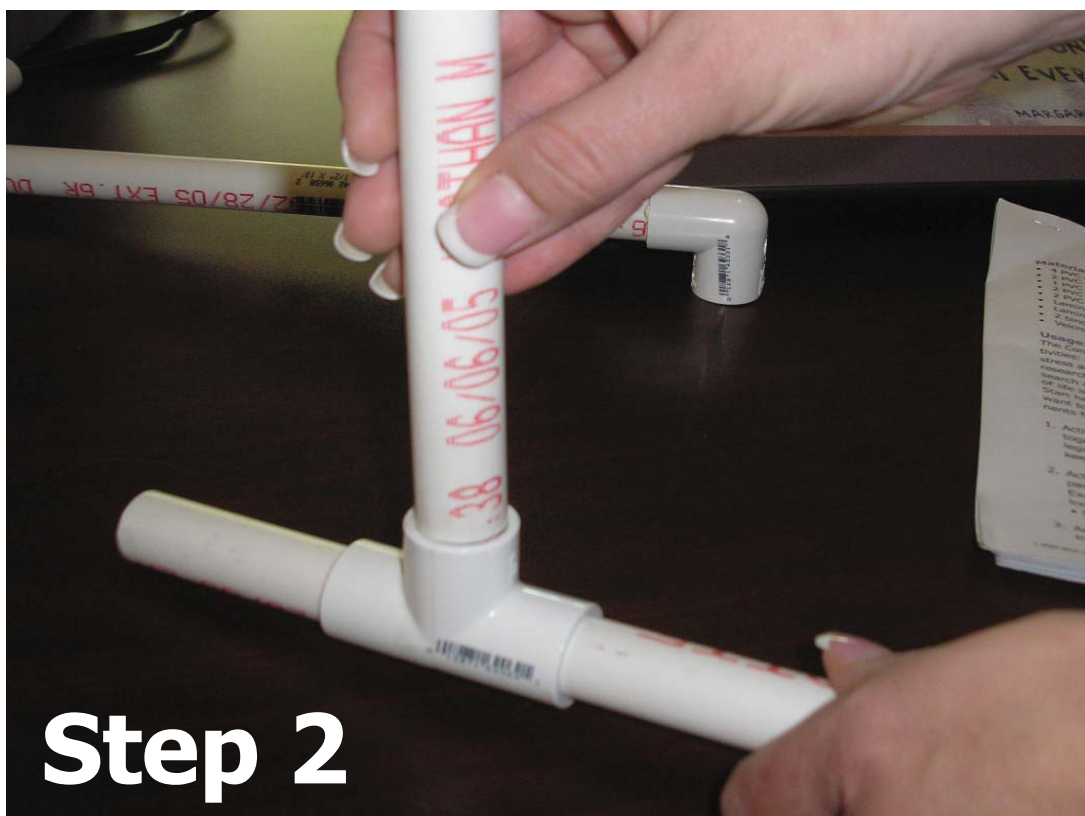
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stand.

6. Print, laminate and cut out the Brain Smart® Start icons. Attach the fuzzy side of a Velcro dot to the center of the back of each Brain Smart® Start icon.
7. You did it! You made a Brain Smart® Start Chart!

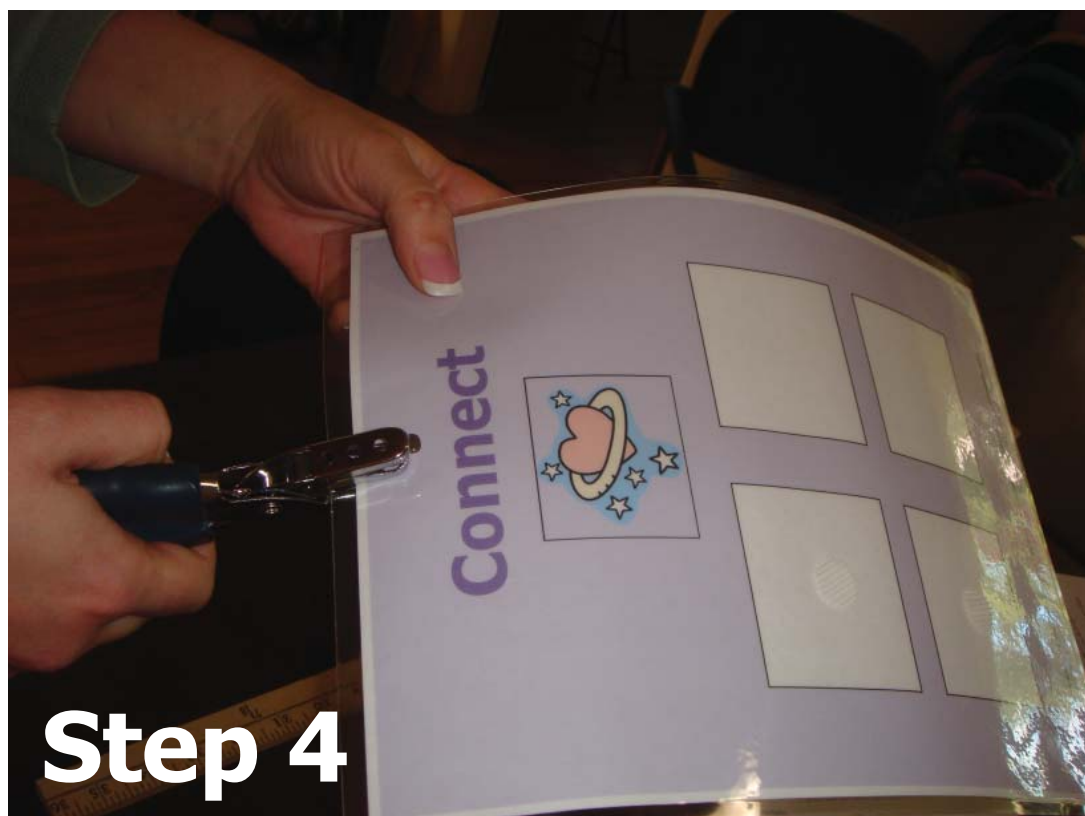
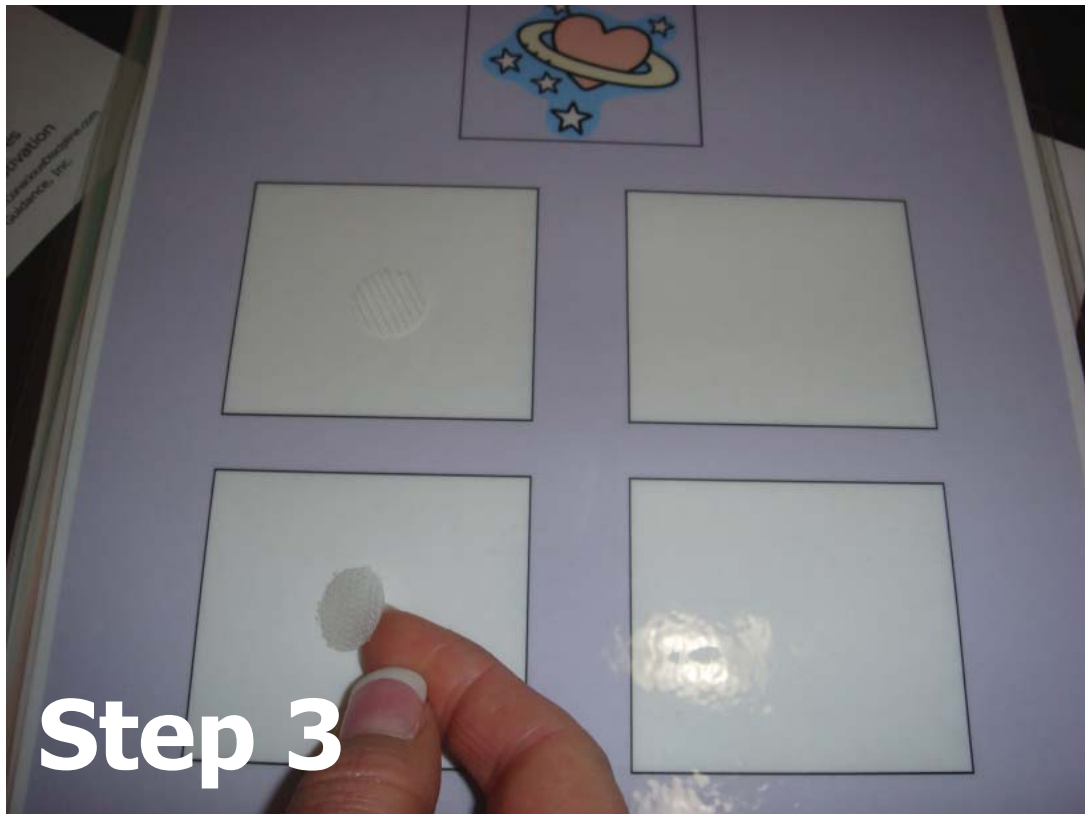
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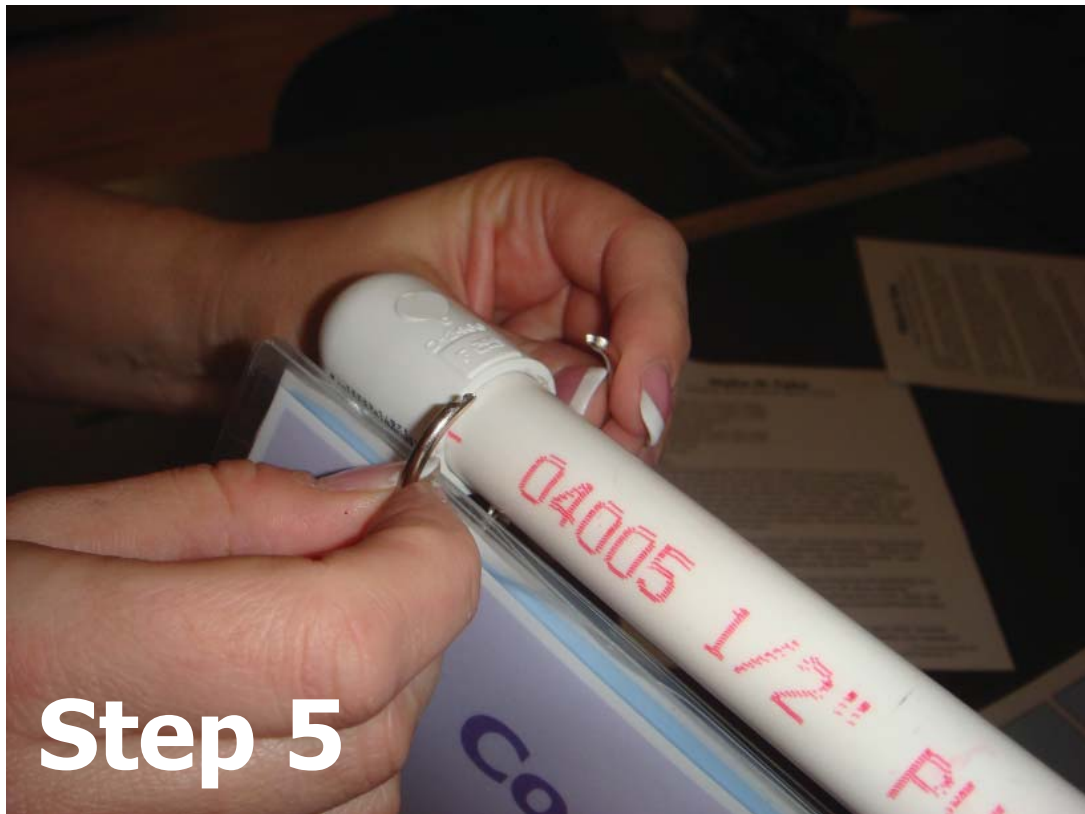
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