



Conscious Discipline®

Trauma-Informed, Evidence-Based Social and Emotional Learning and Classroom Management

I Love You Rituals™

The Safe Place™
Self-Regulation Center

2020 Teachers' Choice Professional Development Award Winner!



Feeling Buddies®

Shubert & Sophie™

Creating the School Family™

Baby Doll Circle Time™



The **Conscious Discipline** methodology is based in scientific and developmental research. The evidence-based program integrates social and emotional learning (SEL), resiliency, self-regulation, school culture and school-wide discipline. It takes a unique “adult first, child second” approach in which adults first shift their mindsets and upgrade their skill sets, then organically teach SEL skills to children through everyday interactions and activities. Adults and children also co-create safe, connected and equitable school environments where every student can achieve their full potential.



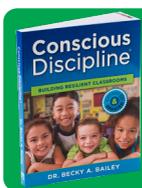
Conscious Discipline has been implemented by approximately:

1,300
School Districts

176,500
School Administrators

793,300
Educators

11,500
Head Start Classrooms



1 Million Copies
sold of *Conscious Discipline: Building Resilient Classrooms*

Conscious Discipline is practiced in
73 Countries

Conscious Discipline’s resources have been translated into
22 Languages



What's Inside



ORDER ONLINE
ConsciousDiscipline.com

Terms and Conditions:

Returns

- You have sixty (60) calendar days to return an item from the date you receive it.
- To be eligible for a return, your item must be unused and in the same condition that you received it.
- Your item must be in the original packaging. We suggest you immobilize the contents by using a shipping carton of the right size and surrounding the item snugly with clean packing material.
- We are unable to provide refunds if the item is not returned in resalable condition.
- All refund requests require proof of purchase or receipt.

Refunds

- Once your return is received and inspected, we will notify you of the status of your refund.
- If your return is approved, we will initiate a refund to your credit card or original method of payment.
- The timeframe in which you will receive your credit is dependent on your card issuer's policies.
- If a refund payment will be issued, it will be mailed to the billing address on the original invoice unless otherwise specified.

Shipping

- Shipping costs are nonrefundable. You are responsible for all shipping costs associated with the return of your item.
- If you receive a refund, the cost of return shipping will be deducted from your total refund amount.
- Shipping Address for Returns:
ATTN: RETURNS
Conscious Discipline
648 Trestle Point
Sanford, FL 32771



HAVE QUESTIONS?
Call Customer Care
407.366.0233

Conscious Discipline® Core
& Digital Tools

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I Love You Rituals™

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The Safe Place™

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Feeling Buddies®

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Shubert & Sophie™

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School Family™

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Baby Doll Circle Time™

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Music

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Parent Resources & Assessments

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Spanish Resources

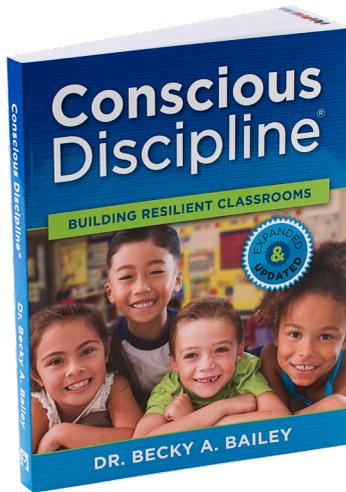
PG 30

Apparel

PG 34

Transformation starts here.

Conscious Discipline® is a leader in brain-based social and emotional learning (SEL) that builds resilience in children, families, educators and schools. Personal transformation is at the heart of Conscious Discipline. Within these pages you will find resources and curriculum that are both scientifically backed and practically applied in daily classroom life. Together, these tools equip educators with the methodology and next steps that help children experience short-term wins in the classroom and long-term wins throughout their lifetime.



Conscious Discipline: Building Resilient Classrooms by Dr. Becky Bailey

All Ages | Best Seller | #B201

Conscious Discipline: Building Resilient Classrooms presents the foundation of the Conscious Discipline methodology. Learn how to shift from “Do as I say” to “Be the change” with the updated skills, strategies and structures in this newly revised edition. In it, Dr. Bailey introduces the transformational strength of the seven powers and skills of Conscious Discipline. Perfect for toddler through 5th grade classrooms, adaptable for all others. 328 pages.

This newly expanded edition includes:

- Expanded content about the Conscious Discipline Brain State Model
- Updated brain information
- Updated skills and strategies
- New content addressing Multi-Tiered System of Supports
- Implementation checklists
- Access bonus content, videos and other resources through our online book portal

Available in Spanish,
See page 30

Start Strong: SEL Foundations and Resiliency in Infants and Toddlers (0-3)

This online course provides caregivers, educators, mental health professionals and families with the relationship-based competencies needed to create a strong foundation for optimal brain development, resilience, mental health and social and emotional competence in ages 0-3.

Our high-engagement online format provides life-changing information via a practical, hands-on learning experience. Content is divided into three main areas of focus, each with multiple learning modules:

- Safety Through Attunement
- Connection Through Attachment
- Problem-Solving Through Autonomy

NOTE: Participants will need a baby doll to interact with throughout the course. (*Lots to Love Babies* are available on pages 24-25.)

Registration includes e-portal access on any device to:

- 12+ hours of video training
- Session-by-session downloadable handouts
- Hands-on activities
- Suggested readings and resources

Individual Registration:

All Ages | # VWKSP-20

For Groups: Site License Options

Level 1 Site License

All Ages | # VWKSP-DS-20-L1

Access for teams of up to 75 participants

Level 2 Site License

All Ages | # VWKSP-20-DS-L2-Y1

Access for teams of up to 100 participants

Level 3 Site License

All Ages | # VWKSP-20-DS-L3-Y1

Access for teams of up to 150 participants

Multi-year licenses available!
Choose between 1, 3 or 5 years.



Conscious Discipline e-Course

This 10-session online course guides you through the core methodology of Conscious Discipline. Educator, author and child-development expert Dr. Becky Bailey takes a deeper look at the powers, skills and structures of the Conscious Discipline program. With options for individuals and groups, this powerful digital toolset delivers 10+ hours of experiential learning.

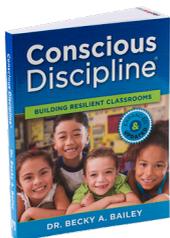
**Multi-year licenses available! Choose between 1, 3 or 5 years.
Visit [ConsciousDiscipline.com/e-learning](https://www.consciousdiscipline.com/e-learning) for more details.**

Individual Registration: Conscious Discipline e-Course

All Ages | Award Winning | #E200

This self-paced online course is designed for individual learning. Individual Registration grants one year of e-Course access on any device to:

- 10 video sessions with Dr. Becky Bailey
- Session-by-session video FAQs
- Downloadable Participant Workbook
- Additional digital resources and printables
- 1-Year License to stream course sessions for individual
- Video Sessions now offer Spanish closed captioning



BONUS! Individual Registration includes the course textbook, *Conscious Discipline: Building Resilient Schools* by Dr. Becky Bailey (shipping not included)

Concordia University Wisconsin is proud to partner with Conscious Discipline to provide CEUs for these e-Courses. Visit www.cuw.edu/consciousdisciplinepartnership for details.

On-site or virtual training with a Certified Instructor also available

[ConsciousDiscipline.com](https://www.consciousdiscipline.com)

For Groups: Site License Options

Site Licenses are designed for group learning. Each license includes one year of e-Course access and permission to stream sessions to groups of 75, 100 or 150.

Level 1 Site License

All Ages | Award Winning | #E200-DS-L1-Y1

Access for teams of up to 75 participants

Level 2 Site License

All Ages | Award Winning | #E200-DS-L2-Y

Access for teams of up to 100 participants

Level 3 Site License

All Ages | Award Winning | #E200-DS-L3-Y1

Access for teams of up to 150 participants

Level 4 Site License

All Ages | Award Winning | #E200-DS-L3-Y1

Access for teams of up to 750 participants





HANDLING UPSET

The Adult-First Mindset Shift

Handling Upset: The Adult-first Mindset Shift with Jill Molli

Handling Upset: The Adult-first Mindset Shift is the perfect entry point for those just learning about Conscious Discipline and a powerful refresher course for those who are already implementing Conscious Discipline in their home, center, school, district or workplace.

Multi-year licenses available! Choose between 1, 3 or 5 years. Visit [ConsciousDiscipline.com/e-learning](https://www.consciousdiscipline.com/e-learning) for more details.

Individual Registration: Conscious Discipline e-Course

Ages 16+ | Award Winning | #EC100

Conscious Discipline Master Instructor Jill Molli's uniquely conversational approach to the content creates a delightful exploration of:

- The adult-first mindset shift: What it is and why it's essential for children's growth and our own
- The foundation of upset: Where upset comes from and how to handle it
- The Conscious Discipline Brain State Model: The key that unlocks an understanding of children's behavior and our own
- Active calming and wishing well: Two core strategies for regaining composure and bringing the best of ourselves to each moment
- Noticing: A simple technique for replacing brain-depleting judgment with brain-building language
- Brain integration strategies: An integrated brain is wired for learning, problem solving and achievement
- Strategies for naming and claiming our feelings: Managing our upset improves every relationship in our lives, and models and teaches the skills we want children to use

For Groups: Site License Options

Level 1 Site License

Ages 16+ | Award Winning | EC100-DS-L1-Y1

Access for teams of up to 75 participants

Level 2 Site License

Ages 16+ | Award Winning | #EC100-DS-L2-Y1

Access for teams of up to 100 participants

Level 3 Site License

Ages 16+ | Award Winning | #EC100-DS-L3-Y1

Access for teams of up to 150 participants

Level 4 Site License

Ages 16+ | Award Winning | #EC100-DS-L4-Y1

Access for teams of up to 750 participants



With DR. BECKY BAILEY
presenting key concepts

Building Resiliency: Returning to School in Uncertain Times

Building Resiliency: Returning to School in Uncertain Times (Information & Ideas for Classroom, Virtual and Hybrid Instruction) is divided into three key areas of focus: Safety, Connection and Problem-Solving. Participants then choose an age-specific track or a track for Administrators, Special (e.g. Music, Physical Education or Art), or Special Needs. Each track takes a deeper dive into how to apply the core methodology in everyday situations and interactions.



This course includes:

- 30+ hours of video training sessions led by Dr. Becky Bailey, Master and Certified Instructors, and knowledgeable teachers and administrators
- Conscious Discipline® sessions that create a strong foundation in the basic skills, powers and structures necessary to handle the unique challenges of schooling in a COVID-19 age
- A Guided Planning and Reflection Journal that reviews essential skills, coaches you to reflect on key concepts, and helps you to create a personalized back-to-school plan
- Hands-on activities to apply new knowledge and develop skills
- Additional digital resources and readings

Individual Registration:

Ages 16+ | #VWKSPB-20

For Groups: Site License Options

Level 1 Site License

Ages 16+ | #VWKSPB-20-DS-L1-Y1
Access for teams of up to 25 participants

Level 2 Site License

Ages 16+ | #VWKSPB-20-DS-L2-Y1
Access for teams of up to 75 participants

Level 3 Site License

Ages 16+ | #VWKSPB-20-DS-L3-Y1
Access for teams of up to 150 participants

**Multi-year licenses available! Choose between 1, 3 or 5 years.
Visit [ConsciousDiscipline.com/e-learning](https://www.consciousdiscipline.com/e-learning) for more details.**

Powers of Resilience: Social Emotional Learning for Adults with Dr. Becky Bailey

The Seven Powers of Conscious Discipline help you develop your inner resources and create purposeful positive change in your life. This course guides you through an in-depth exploration of these life-changing powers. You'll become aware of the unconscious mental models, beliefs, biases and intentions that drive your feelings and behaviors. With consciousness comes the opportunity to choose differently and live a life that reflects your values and vision, creating the home or school culture and community that you truly want to see. In turn, you'll pass healthy beliefs and behaviors on to future generations.

This course includes:

- 7+ hours of video training from Dr. Becky Bailey across 9 sessions
- Pause and Reflect questions in each video to deepen and apply your understanding
- Digital/Printable Workbook written by Dr. Becky Bailey with reflection, insights and ideas for application in your daily life
- Recommended next steps and additional readings

Concordia University Wisconsin is proud to partner with Conscious Discipline to provide CEUs for this e-Course. Visit www.cuw.edu/consciousdisciplinepartnership for details.

Individual Registration:

Ages 16+ | #VWKSPB-20

For Groups: Site License Options

Level 1 Site License

Ages 16+ | #VWKSPB-20-DS-L1-Y1
Access for teams of up to 75 participants

Level 2 Site License

Ages 16+ | #VWKSPB-20-DS-L2-Y1
Access for teams of up to 100 participants

Level 3 Site License

Ages 16+ | #VWKSPB-20-DS-L3-Y1
Access for teams of up to 150 participants

Level 4 Site License

Ages 16+ | #VWKSPB-20-DS-L4-Y1
Access for teams of up to 750 participants

Responding to Anger and Rage



Participate in an essential exploration of anger and rage that will change how you see and handle all forms of upset. Join Dr. Becky Bailey, the founder of Conscious Discipline, with Master Instructor Kim Jackson and Certified Instructor Nicole Mercer in a digital eLearning offering recorded at the sold-out Responding to *Anger and Rage* live event in Seattle, Washington.

This course includes:

- 9+ hours of video training from Dr. Becky Bailey across 10 sessions
- Downloadable workbook to highlight important ideas, encourage reflection, plan your growth and deepen your learning (70+ pages).

Individual Registration:

All Ages | #EC102

For Groups: Site License Options

Level 1 Site License

All Ages | # EC102-DS-L1-Y1

Access for teams of up to 75 participants

Level 2 Site License

All Ages | # EC102-DS-L2-Y1

Access for teams of up to 100 participants

Level 3 Site License

All Ages | # EC102-DS-L3-Y1

Access for teams of up to 150 participants

Level 4 Site License

All Ages | # EC102-DS-L4-Y1

Access for teams of up to 750 participants

Multi-year licenses available! Choose between 1, 3 or 5 years. Visit [ConsciousDiscipline.com/e-learning](https://www.consciousdiscipline.com/e-learning) for more details.

Understanding Trauma Webinar with Dr. Becky Bailey

This 3-Part webinar series from Dr. Becky Bailey disrupts the cycle of trauma by bringing new awareness to our current trauma epidemic and building healthy, healing relationships through self-regulation, connection and resilience interventions that have the power to heal individuals, communities and generations of those who suffer.

The series includes over 120 minutes of video teaching, downloadable session guides and digital extras. Sessions in this series include:

- **Session 1:** The Dynamics of Trauma
- **Session 2:** Reaching Children with Trauma
- **Session 3:** Teaching Children with Trauma

Individual Registration:

All Ages | #E101

Individual users may access the Understanding Trauma webinar series online via any device. Registration grants one year of individual access and includes:

- 3 video sessions with Dr. Becky Bailey
- A downloadable participant workbook
- Additional digital downloads and resources

For Groups: Site License Options

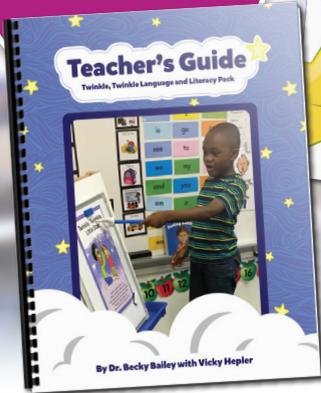
All Ages | #E102

Groups that wish to use the Understanding Trauma webinar series for training and team building may access this three session webinar online via any device. Registration grants one year of site license access and includes:

- 3 video sessions with Dr. Becky Bailey
- A downloadable participant workbook
- Additional digital downloads and resources

Includes 120+ Minutes of Teaching

**NEW
AND
IMPROVED**



Equip yourself with the tools you need to learn more about the powers and skills of Conscious Discipline, teach them to your staff, and implement helpful structures in your classroom or home. The online resources included with your Premium Resource Membership provide 365 days of support in teaching vital skills, improving academic outcomes and transforming lives.

Premium Resource Membership - 1 Year

All Ages | #E201

Conscious Discipline's Premium Resource Membership features our most requested implementation tools in one powerful, on-demand digital bundle. This online membership includes products and resources valued at over \$800 and is designed for active practitioners of Conscious Discipline in school or home environments.

- Digital Site License: Premium Resources Membership - 1 Year | #E201-DS-Y1
- Digital Site License: Premium Resources Membership - 3 Year | #E201-DS-Y3
- Digital Site License: Premium Resources Membership - 5 Year | #E201-DS-Y5



NEW! Elevate Video Sessions

Explore past *Elevate Conscious Discipline* conferences and engage your brain with new sessions.

NEW Excellence!

Learn from exclusive content filmed at our Conscious Discipline with Excellence annual conference.

Tried and True Favorites!

Make-n-Takes now includes games and We Care Cards. And our popular Audio Series remains untouched!

NEW Literacy!

Redesigned Twinkl Twinkl Language and Literacy Pack! Easily print leveled readers, posters, guide and more.

New Leadership

Access leadership videos, planners and other resources to help you lead with confidence and connection.

School to Heart to Home

Conscious Discipline's **research-based** Parent Education Curriculum features 16+ hours of training content designed for use with parents and caregivers in any center serving ages birth through seven. The Curriculum addresses four key contact points with families including Open House, Parent Nights, Home Visits and targeted Mini-sessions.



Premium Parent Education Pack pictured

Premium Parent Education Pack

All Ages | Best Seller | #VP300

The Premium Parent Education Pack Includes:

- Conscious Discipline Parent Education Curriculum
- *Conscious Discipline: Building Resilient Classrooms* by Dr. Becky Bailey (book)
- The complete Shubert Series (7 books)
- The complete Sophie Series (7 books)
- Brain Boogie Boosters (digital music)
- Kindness Counts (digital music)
- Our Time Together home visit routine book

- *I Love You Rituals* by Dr. Becky Bailey (book)
- Brain Smart Choices for Connection and Calming Cubes
- S.T.A.R. Breathing Tool
- *I Love You Rituals on a String*
- *Creating the School Family* by Dr. Becky Bailey (book)
- Conscious Discipline: Building Resilient Schools and Homes e-Course with Dr. Becky Bailey
- Conscious Discipline Skills on a String
- 2 packs of fill-in Routine Books (10 books total)

Standard Parent Education Pack

All Ages | #VP200

The Standard Parent Education Pack Includes:

- Conscious Discipline Parent Education Curriculum
- *Conscious Discipline: Building Resilient Classrooms* by Dr. Becky Bailey (book)
- The complete Shubert Series (7 books)
- The complete Sophie Series (7 books)
- Brain Boogie Boosters (digital music)
- Kindness Counts (digital music)
- Our Time Together home visit routine book
- *I Love You Rituals* by Dr. Becky Bailey (book)
- Brain Smart Choices for Connection and Calming Cubes
- S.T.A.R. Breathing Tool
- *I Love You Rituals on a String*

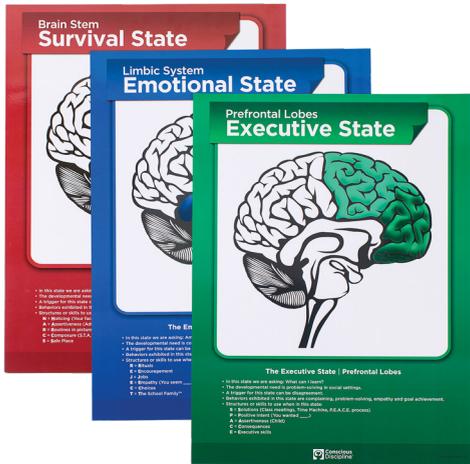
Basic Parent Education Pack

All Ages | #VP100

The Basic Parent Education Pack Includes:

- Conscious Discipline Parent Education Curriculum
- The complete Shubert Series (7 books)
- The complete Sophie Series (7 books)
- Brain Boogie Boosters (digital music)
- Kindness Counts (digital music)

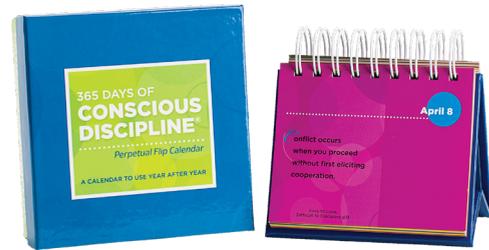
Research Shows Increases in Positive Discipline, Improvements in Child Behavior



Brain State Poster Set (3)

All Ages | #T124

Focusing on the behavior instead of the brain state behind it can't solve behavioral problems; it only amplifies them. These posters use the Conscious Discipline Brain State Model to identify the child's internal state and pinpoint helpful strategies. 18"x24"



365 Days of Conscious Discipline

All Ages | #T125

365 Days of Conscious Discipline is a gift-boxed, full color, flip-style perpetual calendar perfect for gift-giving. Entries are organized by date so you can start today and enjoy it year after year! Based on the award-winning Conscious Discipline program by Dr. Becky Bailey.



Skills on a String

Adult | Best Seller | #T111

Empower yourself with the confidence and language to handle any discipline situation with nine cards on a retractable lanyard. Master the art of effective Conscious Discipline communication and conflict resolution with this colorful and convenient tool.



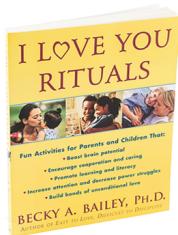
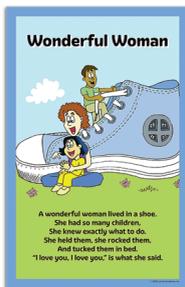
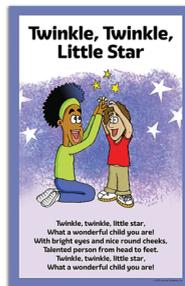
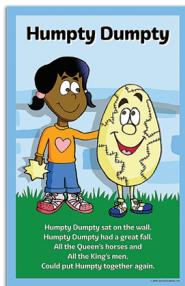
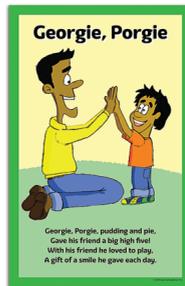
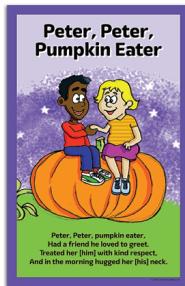
Seven Skills Poster Set (7)

Ages 0-12 | Best Seller | #T102

The Seven Skills Poster Set is essential to every Conscious Discipline classroom. The front of these double-sided, 11"x17" posters clearly explains how to set up and use class structures. The bright, fun graphics on the back are an ideal reminder of the skills of Conscious Discipline.

I Love You Rituals™

During the first three years of life, children establish lifelong mental models for sense of self, stress management and relationships. The way we respond to them, especially during these early years, will help or inhibit their development of healthy life patterns. *I Love You Rituals* will give the children in your care the best possible start in life with shared, brain-based activities that foster deep connection.



I Love You Rituals Deluxe Pack

Ages 0-8 | #V110

The I Love You Rituals Deluxe Pack brings together essential brain-based activities that build deep adult-child connections. Each interaction teaches children how to be kind and caring using gentle touches. Use with demanding, aggressive children and watch cooperation replace opposition.

Deluxe Pack includes:

- I Love You Rituals Book
- Songs for I Love You Rituals Vol. 1 (digital music)
- Songs for I Love You Rituals Vol. 2 (digital music)
- I Love You Rituals Poster Set (7)
- I Love You Rituals on a String

I Love You Rituals

Adult | #B102

I Love You Rituals by Dr. Becky Bailey builds bonds and strengthens relationships with children. This best-selling book contains over 75 activities designed to strengthen adult-child relationships in order to increase attention, decrease power struggles, and promote learning and literacy in young children. Includes book only.

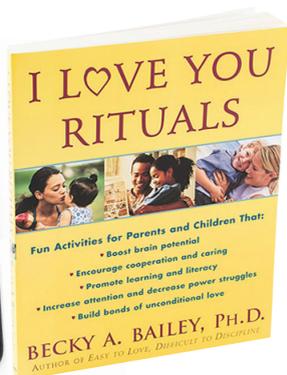
I Love You Rituals Bundle

Ages 0-8 | Best Seller | #V102

Bundle includes:

- I Love You Rituals (book)
- Songs for I Love You Rituals Volume 1 (digital music)
- Songs for I Love You Rituals Volume 2 (digital music)

Parent's
Guide
Media Award
Winner

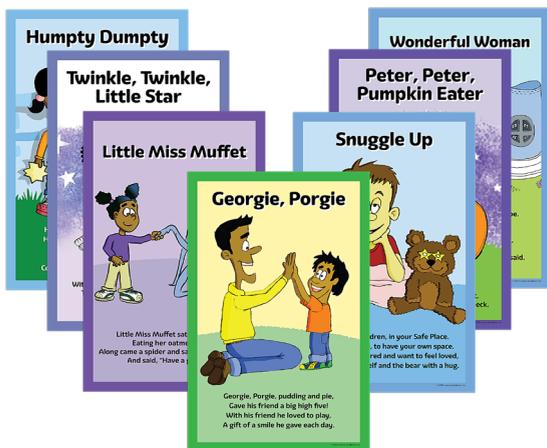




Bailey Bear

All Ages | #T208

Lovable, huggable Bailey teaches children to ask adults for playful interactions that promote optimal development. Easy as LOAD, CHOOSE, PLAY! 21 activity badges safely stow in Bailey's attached backpack. Big emotions require big love, and 12-inch Bailey has both love and helpful calming strategies to share. Children Velcro a Feeling Buddy® feeling, I Love You Ritual or calming activity in place, and then enjoy the activity with Bailey, a peer or an adult. Instructions included. Made with soft velboa with poly-fil. 9" W x 12" H x 8" D



I Love You Rituals Poster Set (7)

Ages 0-8 | #T123

The *I Love You Rituals* Poster Set builds literacy, provides positive lyrics for traditional nursery rhymes and creates connected classrooms. These bright, sturdy posters use our most popular rituals to meet Common Core Reading Standards. Seven 11"x17" posters with lyrics and artwork, plus an activity sheet.



I Love You Rituals on a String

Adult | #T127

We've put nine of our most popular rituals on a pocket-sized, retractable lanyard. Each set of full-color, laminated cards includes both lyrics and movements. Designed for adult use with children ages 0-8.

The Safe Place

The Safe Place is the self-regulation center in your home or classroom. In the Safe Place Self-Regulation Center, children use specific tools and strategies to help change their inner state from upset to composed. Only in a composed (relaxed, alert) state can children access the higher brain functions necessary to problem-solve and learn.



Self-Regulation Bundle

Ages 4-12 | #V103

This Bundle includes:

- *Managing Emotional Mayhem* Book
- *I Choose Self-Control* Board
- *Safe Place* Poster Set
- *Safe Place* Mat

Creative
Child Award
Winner



Managing Emotional Mayhem

All Ages | Award Winner | #B103

The way adults handle emotional upset when children are throwing fits, back-talking, name-calling, being defiant and withdrawing will either foster or inhibit children's ability to develop self-regulation. *Managing Emotional Mayhem* lays a conceptual foundation, explores limiting beliefs, presents new adult skills and teaches us how to coach children in a transformative self-regulation process. 168 pages.



I Choose Self-Control Board

Ages 6-13 | Best Seller | #T112

Stop trying to make children calm down. Instead, teach them how to independently manage their own emotions, reflect on their choices and select calming strategies they can use for the rest of their lives. The eight feelings, four goals and sixteen strategies foster self-control in all children. *Great for children with ADD or ASD.* Includes 18-page instructional booklet.



Calming Pillow Set

All Ages | #T122

These plush appliquéd pillows not only look fabulous, but they also help you teach children helpful breathing strategies, colors and shapes! Enjoy a decorative touch that's as beautiful as it is useful. Set includes 9" pillows featuring Conscious Discipline active calming icons.



Safe Place™ Rug

All Ages | Coming Soon | #T135

Enhance your Safe Place Self-Regulation Center with this cozy addition! Conscious Discipline's 4x6 ft. Safe Place rug features eight vibrant feeling faces designed specifically for teaching and practicing self-regulation skills. Label, stain, and fade-resistant nylon for optimal use for years to come.



Brain Smart® Choices for Connection & Calming

Ages 2-12 | #T103

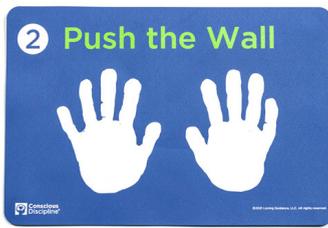
Roll the dice to select an enriching activity. Sixteen active calming cards teach impulse control and lay the foundation for problem-solving. Twenty *I Love You Ritual* cards enhance cooperation and motivation. Includes two durable, 4" cubes, 36 interchangeable choice cards, extensive instructions and reusable case.



Safe Place™ Mat

Ages 3-12 | Best Seller | #T100

"Breathe with me." Remind children how to actively calm themselves with the S.T.A.R., Drain, Pretzel, and Balloon breathing technique icons embroidered on this plush mat. A perfect supplement to your existing *Safe Place*, or use as a portable *Safe Place*! 24"x20"



Active Calming Center

Ages 3-12 | #T146

A disorganized brain is *always* disengaged from learning. The Active Calming Center guides children through nine physical and mental tasks that help them calm and cooperate. Use as a precursor to the Safe Place, a standalone brain break, a transition helper or an “anytime” calming strategy. Integral to your rage prevention program. Indispensable for special education, children with autism, Pre-K and Kindergarten.

Active Calming Center includes:

- “Stomp it out” to harness the desire for physical movement
- “Push the wall” for upper body, lower body and core muscle engagement
- “Flex it out” arm curls for more large muscle movement
- “Count it out” for a methodical activity with “pull and place” Velcro stars
- “Trace the rainbow” for a textured, color-coded activity that crosses the midline
- “Work Task” for a repetitive task that’s calming for disorganized children
- “Yoga” to stretch, relax and oxygenate the muscles
- “S.T.A.R. breathing” for three deep breaths with a pinwheel breathing tool
- “Go to the Safe Place” to continue calming as needed



Safe Place Poster Set

Ages 3-12 | #T101

The *Safe Place* Poster Set simplifies setting up your *Safe Place* Self-Regulation Center. Four laminated full-color posters provide options to help children self-calm using the five steps to self-regulation so they can return to class ready to learn. 11.25" x 8.5" each.



Stress S.T.A.R.

All Ages | #T301

Breathe deeply and squeeze stress away with this calming tool. Palm-sized squishy yellow foam and instructive S.T.A.R. imprint make this a perfect addition to your *Safe Place* or portable *Safe Place* for older children (and adults). Also useful as a promotional item to motivate staff and parents. Front imprint features our breathing S.T.A.R., back imprint says "**Smile, Take a deep breath And Relax.**"



S.T.A.R. Breathing Tool

Ages 1-5 | #T129

Children use this multi-sensory tool to take a deep breath in through their noses as they smell the flower and then blow the air out of their mouths to make the pinwheel spin. Ideal for ages one to five and those with special needs, this tool is indispensable for teaching children to fill their lungs fully and exhale completely in order to ensure they are deep belly breathing.



S.T.A.R. Hot/Cold Pack

Ages 3+ | #T144

Be a S.T.A.R. with this reusable gel bead hot/cold pack that is perfect to soothe bumps and boo-boos. The front features the breathing S.T.A.R. and the back is imprinted with "**Smile, Take a deep breath And Relax.**" Cool in the freezer or heat in the microwave to soothe bumps, bruises, insect bites, sunburn, sore muscles and other owies. Perfect for your *Safe Place* or *We Care Center!* Approximately 4¾". Safe for ages 3+ with adult supervision. Approximately 4.75 inches.

Feeling Buddies®

40% of children are missing the #1 skill for lifelong success: self-regulation. The year-long *Feeling Buddies* curriculum equips educators with the tools for a more peaceful and productive tomorrow. This toolkit transforms classroom behavior problems into academic achievement. The *Feeling Buddies* curriculum is based on a unique strategy in which the adult teaches the child to self-regulate and the child teaches the Buddy to self-regulate, both learning the five-step process together.



CLASSROOM EDITION: Feeling Buddies Self-Regulation Deluxe Toolkit

Ages 4-7 | Best Seller | #T115

The *Classroom Edition: Feeling Buddies Self-Regulation Deluxe Toolkit* helps children learn independent self-regulatory strategies and language that will become their inner speech for self-control, emotional well-being, empathy and healing for the rest of their lives. It incorporates literacy, music and movement.

The Classroom Edition Feeling Buddies Self-Regulation Deluxe Toolkit includes:

- Two sets of eight *Feeling Buddies*
- Large soft pocket board to house the *Feeling Buddies*
- The *Feeling Buddies* curriculum
- *Managing Emotional Mayhem* book
- *Shubert is a S.T.A.R.* book
- *Shubert's BIG Voice* book
- *Shubert Sees the Best* book
- *Listen to Your Feelings* (digital music)
- Reproducibles
- Templates

- 2+ hours of instructional content
- 3 Sheets of *Feeling Buddies* stickers
- *What Bugs Me* sheet
- *I Am Upset Smock*
- *Safe Place Posters*
- *My Five Steps Pocket Chart*



Includes a FREE copy of
Helping My Feeling Buddies

See Page 31 for Spanish Options!

CLASSROOM EDITION: Feeling Buddies Self-Regulation Basic Toolkit

Ages 4-7 | #T215



The *Feeling Buddies Basic Toolkit for Classrooms* will help you to meet the underlying emotional needs of all your students so every child can fulfill his social and academic potential. This kit includes only the most basic components required for the program. Our *Classroom Edition: Feeling Buddies Self-Regulation Toolkit* offers a more comprehensive Feeling Buddies product package for greater learning support.

The Feeling Buddies Basic Toolkit includes:

- Two sets of eight *Feeling Buddies*
- Large soft pocket board to house the *Feeling Buddies*
- The *Feeling Buddies* curriculum
- *Managing Emotional Mayhem* book
- *Helping My Feeling Buddies* book
- *Listen to Your Feelings* (digital music)

HOME EDITION: Feeling Buddies Self-Regulation Toolkit

Ages 4-7 | Best Seller | #V300



A toolkit created just for parents who want to reinforce self-regulation skills at home! Dr. Becky Bailey offers virtual coaching for families, walking them through a “home-appropriate” version of the best-selling Feeling Buddies classroom curriculum.

Toolkit includes:

- Online Video Coaching for Parents with Dr. Becky Bailey
- *Managing Emotional Mayhem* book
- *Mini-Feeling Buddies* with Carrying Case
- *Helping My Feeling Buddies* book
- *Listen to Your Feelings* (digital music)

Mini Feeling Buddies with Book

Ages 4-7 | Best Seller | #V250



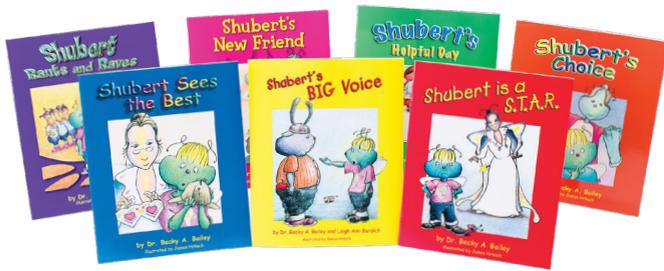
We encourage use of full Feeling Buddies kit home edition to get the most of teaching *Managing Emotional Mayhem*. There you will find all the resources to accomplish this purpose.

Includes:

- 8 Mini Buddies with Quilted Mat
- *Helping My Feeling Buddies* book

Welcome to Bug Valley

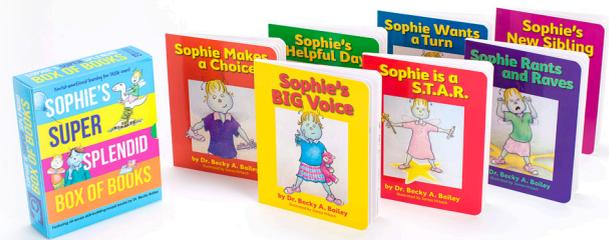
The Shubert and Sophie series of books are designed to build character through conflict for both children and adults. An engaging and endearing lightning bug named Shubert, his sister named Sophie, and their friends at Bug Valley School demonstrate using the Seven Skills of Conscious Discipline® to solve problems. Family members and a teacher, Mrs. Bookbinder, model Conscious Discipline for adults.



Shubert Bundle

All Ages | #V100

The Shubert Bundle is an essential classroom tool for storytelling, social-emotional learning, language and literacy. Many classrooms add a touch of drama by reenacting the stories, bringing these essential skills to life! Make every day a Shubert day with this bundle.



Sophie's Super Splendid Box of Books (Set of 7 books)

Ages 0-5 | #V200

Shubert's little sister, Sophie, brings the powers and skills of Conscious Discipline to life for little ones in these colorfully illustrated books. Perfect for children up to five years old. Sophie demonstrates using the Seven Skills of Conscious Discipline to solve problems. Her family models Conscious Discipline strategies for adults.

Available in Spanish,
See page 32

FREE ONLINE RESOURCES: Now you can visit Shubert & Sophie at home or school! Visit ConsciousDiscipline.com/Free.

COMING
SOON!



Shubert Puppet

Ages 3+ | Coming Soon | #T106

Bring the lessons of the Shubert books to life with this delightful, plush Shubert Puppet at home or at school. Shubert has an articulated mouth designed with both adult and child-sized hands in mind, movable arms, a signature "S" T-shirt and bendable antennae. 17" tall, hand wash only.

COMING
SOON!



Sophie Doll

All Ages | Coming Soon | #T206

Sophie leaps off the pages of her top-selling board books and into your child's arms in this sturdy plush sure to delight! She makes the perfect companion to the Sophie series and the Shubert books that feature her beloved big brother. Hand wash only, 13" from head-to-toe, safety tested for all ages.

School Family™

Dr. Becky Bailey's *School Family* delivers a fundamental shift in education and classroom management. Step into a world where intrinsic motivation, helpfulness and connection govern your classroom. The idea behind creating the *School Family* is to bully-proof schools and classrooms by cultivating connection and emotional intelligence.



School Family Deluxe Pack

All Ages | Best Seller | #V113

The *School Family Deluxe Pack* equips educators with key resources that introduce and reinforce the strategies and structures of the School Family. Modeled after healthy families, the School Family integrates social-emotional well-being into your existing curriculum. It's built on inclusion and connection, embracing all children and fostering helpfulness, academic success and intrinsic motivation. When you establish a healthy School Family, you strengthen or provide the sense of safety and belonging that all children need in order to learn and thrive.

School Family Deluxe Pack includes:

- Seven Skills Poster Set
- *Creating the School Family*
- School Family Job Set with Cards
- Wish Well Board
- Conflict Resolution Time Machine



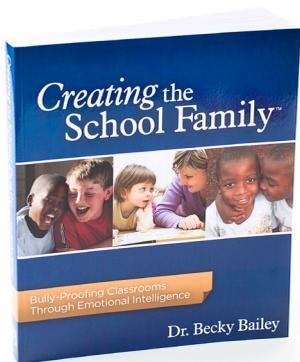
Conflict Resolution Time Machine (full size version)

Conflict Resolution Time Machine (desktop version)

Ages 4-12 | Best Seller | #T105 | 18 x 12 x 2 inches

Ages 4-12 | #T126 | 3.75 x 12.25 inches

Empower victims and aggressors to learn new skills with the Conflict Resolution Time Machine. Children use the mat as adults coach the process. Assertively handle name calling, teasing, pushing, distraction and other interpersonal conflicts with this durable and helpful tool. Includes thorough instructions and situational examples.



Creating the School Family

Wish Well Board

Ages 3-12 | #B106

All Ages | #T128

Systematically create the positive school climate that is integral to academic success. Administrators and teachers alike will learn how to transform school culture using twelve classroom structures essential for creating inclusive, compassionate, bully-free learning environments. 352 pages.

The *Wish Well Board* provides a visual way to aid children in wishing each other well. Attach a photo of each student to a magnet and place on the edge of the circle. Includes a magnet on the back for easy hanging.



Greeting Apron

Adult | #T145

Support your daily greeting ritual with the Greeting Apron. Start every day by sharing a special moment of choice, connection and attunement with every student. This simple process primes your day for cooperation, focus and attention. Includes 100% cotton twill apron (black) with five clear pockets on the front for greeting cards, 12 greeting cards (four non-touch options), fabric pockets for additional storage, and a removable blue tutu.



Kindness Tree

All Ages | #T210

Want to encourage kindness and helpfulness in your home or classroom? Recognize and celebrate kind and helpful acts with the Kindness Tree, retraining the brain to focus on positive behaviors. The Kindness Tree puts the power of positivity in your hands with an attractive, simple and all-inclusive kit. 12 by 18-inch tree (metal with magnets on back), 80 kindness magnets (10 each of 8 designs), detailed instructions and sample lesson plans for academic integration.



School Family Job Set with Cards

Ages 3-12 | Best Seller | #T104 School Family Job Set

Ages 3-12 | #T104C Replacement Cards

Colorful and easy to use, this set makes classroom jobs simple. Reduce misbehavior, increase teaching time, build literacy, increase self-esteem and teach responsibility. Includes durable hanging job board, 41 cards for age-appropriate jobs and comprehensive instructions.

Baby Doll Circle Time™

Baby Doll Circle Time ensures that the children in your care thrive by strengthening attachment, attunement and social play. Now your center can provide developmentally-essential one-on-one connections without increasing staff burdens or staff numbers by using the revolutionary approach in *Baby Doll Circle Time*.



Baby Doll Circle Time Bundle

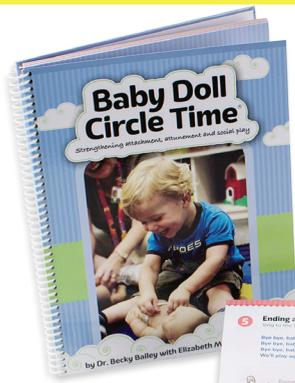
Ages 0-3 | #V115

It can be hard to find the one-on-one time necessary to create meaningful relationships in a childcare setting. Yet, research shows optimal child development is dependent on healthy relationships with adults. With *Baby Doll Circle Time*, your ratio of 6:1 can drop to 1:1 as children relive moments with you while delighting in circle time with their baby dolls.

***Baby Doll Circle Time* Bundle includes:**

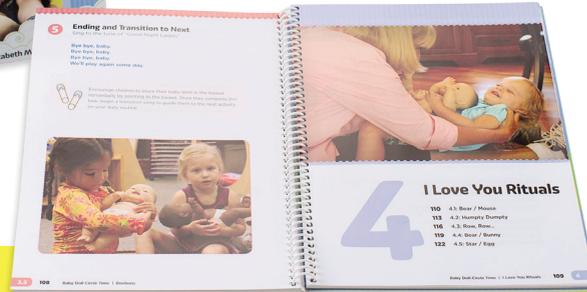
- 4-pack multi-ethnic 14" dolls
- All components of the *Baby Doll Circle Time Curriculum*

Also available in Spanish, See page 33.



“Baby Doll Circle Time helps ALL of our children feel connected, and is absolutely, positively indispensable with difficult cases.”

- Director, Suffolk, VA



Baby Doll Circle Time Curriculum

Ages 0-3 | Best Seller | #B107

The instructions and activities in the *Baby Doll Circle Time* curriculum show you how to improve relationships between caregivers and children, reduce the stress of out-of-home care, utilize attachment, attunement and social play to wire the brain for optimal development, and help children develop healthy blueprints for self-regulation, relationships and sense of self. Boost your job satisfaction and ensure children thrive by starting this stress-reducing and giggle-inducing program today. For use with children ages 0-3, 160 pages.

Baby Doll Circle Time Curriculum includes:

- 80+ pages of curriculum lessons
- Access to over 2 hours of digital content
- 40+ pages of instructional information for personal and staff development
- Specific content for children with challenging behaviors and special needs
- Letter for families
- Implementation guide and sample plans
- Assessments for both children and caregivers
- Alignments to DECA, High Scope and Head Start



Multi-Ethnic Baby Doll 4-Pack

Ages 0-3 | #V112

These 14" multi-ethnic dolls are perfect for use with *Baby Doll Circle Time*. The four-pack includes one doll of these ethnicities: African American, Asian, Caucasian and Hispanic. Each washable, vinyl doll is ideal for home and preschool settings. The baby dolls have movable arms, legs and head. Eye color and facial expression may vary from image shown.

14" Lots to Love Baby (Individual)

All Ages

Asian	#T137A
African American	#T137B
Caucasian	#T137C
Hispanic	#T137D

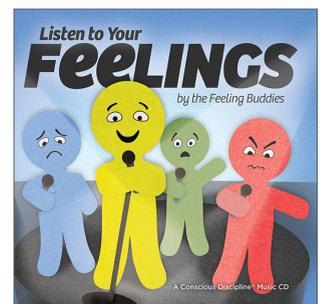
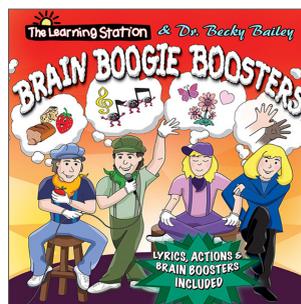
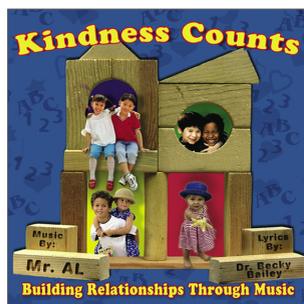
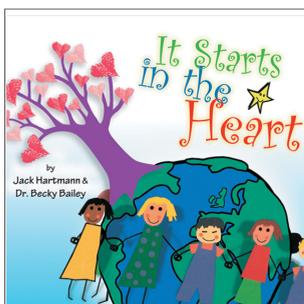
Music

Dr. Becky Bailey teams up with some of the best artists in the industry to bring you brain-building, foot-tapping, delightful music that supports your use of Conscious Discipline. Each song brings the principles, powers and practices of Conscious Discipline to life with the power of song, playfulness and memorable lyrics.

The Feeling is Bright: Self-Regulation through Rhythm and Rhyme (hardcover book with digital download)

All Ages | Award Winner | #V111-D

Explore core concepts for self-regulation and wellness through delightful drumming, vivid collage and memorable poetry in *The Feeling is Bright*. This unique book and music combo features a delightful hardcover with lyrics, learning and art for 12 compositions, plus digital downloads for all 26 songs and bonus lesson plans for teachers.



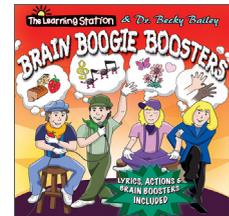
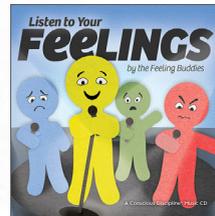
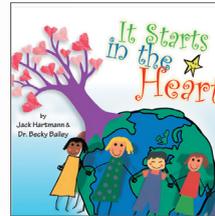
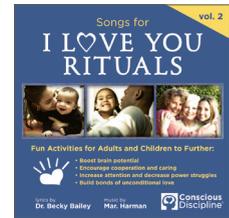
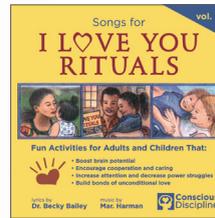
Digital Music Bundle

All Ages | Best Seller | #V108-D

This bundles four of our best-selling Conscious Discipline Digital Albums. This set is ideal for classrooms, a great addition to a Safe Place and is also ideal for home use and drive time. The Digital Music Bundle will inspire you to get up and dance!

Music Bundle includes:

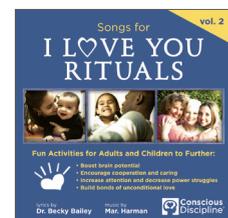
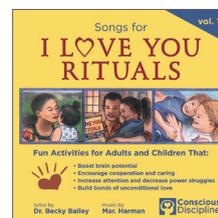
- *It Starts in the Heart* (19 songs)
- *Kindness Counts* (17 songs)
- *Brain Boogie Boosters* (19 songs)
- *Listen to Your Feelings* (29 songs)



Digital Music Deluxe Pack

All Ages | #V118

This digital deluxe pack gives you on-demand access to all six of our most requested albums and 136 songs. Digital albums included are *Songs for I Love You Rituals Volumes 1 and 2*, *It Starts In The Heart*, *Kindness Counts*, *Listen to Your Feelings* by the Feeling Buddies and *Brain Boogie Boosters*.

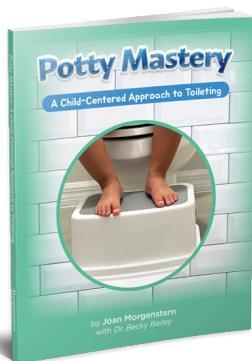


Songs for I Love You Rituals Bundle

Ages 0-8 | #V119-D

Experience Dr. Bailey's *I Love You Rituals* set to delightful music. This combination of touch and music in a loving atmosphere supports optimal brain development. Mar. Harman sings 50+ delightful rituals that help adults and children to connect, build trust, increase attention and decrease power struggles. This iParenting Media Award Winner includes Volumes 1 and 2, in digital download.

Parent Resources & Assessments

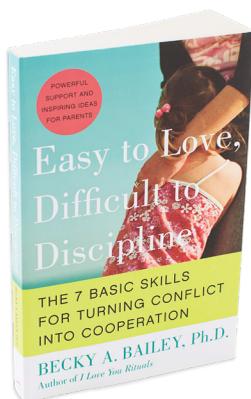


Preorders available now!

Potty Mastery: A Child-Centered Approach to Toileting

Ages 0-5 | #B109 | Book

Moving from diapers to the toilet is the first of many milestones you and your child will experience together. How do you want that process to go? Potty Mastery is a shift from “potty training” to “potty learning” that empowers you to leave behind bathroom sticker charts and anxieties in favor of strengthening your child’s confidence and the healthy bonds you share.



Easy to Love, Difficult to Discipline

Ages 0-12 | Award Winner | #B104 | Book

Easy to Love, Difficult to Discipline presents the Seven Powers and Seven Skills of Conscious Discipline, just for parents. Learn to respond—not react—to parenting challenges and become the parent you want to be. With this inspiring and practical book, you’ll discover a series of linked steps that help families move from turmoil to tranquility.



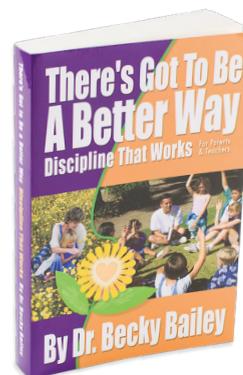
HOME EDITION: Feeling Buddies Self-Regulation Toolkit

Ages 4-7 | Best Seller | #V300

A toolkit created just for parents who want to reinforce self-regulation skills at home! Dr. Becky Bailey offers virtual coaching for families, walking them through a “home-appropriate” version of the best-selling Feeling Buddies classroom curriculum.

The Feeling Buddies Home Edition Toolkit includes:

- Online Video Coaching for Parents with Dr. Becky Bailey
- *Managing Emotional Mayhem* book
- *Mini-Feeling Buddies* with Carrying Case
- *Helping My Feeling Buddies* book
- *Listen to Your Feelings* music (digital music)



There's Got to Be a Better Way

Ages 0-12 | #B105

One of the only books for parents and teachers that unites discipline, values and strategies at home and in our schools. Learn how to shift from negative, guilt-producing discipline to positive strategies that teach life skills and promote self-esteem. 326 pages.

Reflection Sciences Executive Function Assessment (Two Teacher Package)

#A101

The MEFS App is a research-reliable, valid and game-based assessment of Executive Function skills in children as young as two-years old. Includes MEFS App Training Course and manual for two (2) teachers, annual licenses for unlimited assessments for up to 65 students and customized Conscious Discipline intervention activities for each child.



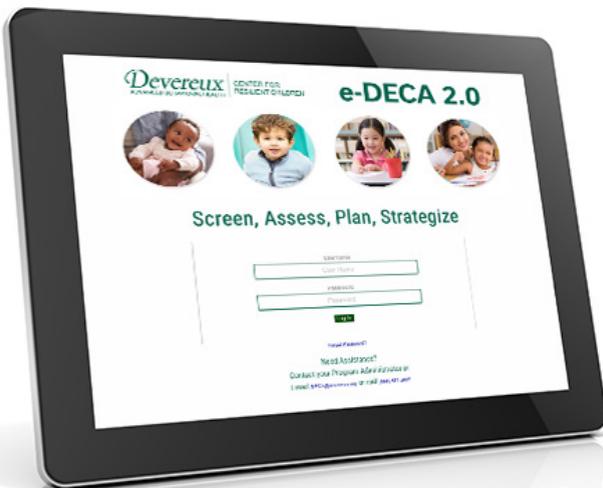
Reflection Sciences Executive Function Assessment (School / District Option)

#A102

Use a game-based assessment tool that is easy to administer across your school, district or state to measure Executive Function (EF) in all students. In less than five minutes per child, this validated app-based tool helps teachers, assessment professionals and administrators design and implement a continuous improvement plan for student SEL growth, supplement age-appropriate Conscious Discipline EF activities and identify trends across classrooms, schools and school districts.



Learn more! Watch the webinar at ConsciousDiscipline.com



e-DECA Annual License Fee

#T141

This is the annual license fee for use of the Conscious Discipline e-DECA Assessment & Planning System. In this web-based application, the Devereaux Early Childhood Assessments (DECA) can be entered online by both teachers and parents.

e-DECA by Assessment (Single) Rating

#T142

With this rating option, you are purchasing one assessment for every assessment you plan to complete for the year.

e-DECA by Child Rating

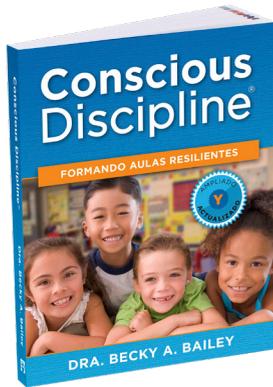
#T143

With this rating option, you are purchasing for the total number of children you plan to assess throughout the year. For that year, you may submit as many assessments as needed per child.

Utilizing the Conscious Discipline e-DECA assessment and Planning System requires an annual license, as well as e-DECA ratings.

Recursos en español

Transforma tu escuela, casa y relaciones con algunos de los libros y herramientas de Conscious Discipline, ahora disponibles en español. Desde bebés hasta adultos, estos recursos en español ofrecen herramientas de transformación para cualquier edad.



Conscious Discipline: Formando Aulas Resilientes por la Dra. Becky Bailey

Todas las Edades | Más Vendido | #B201-SP

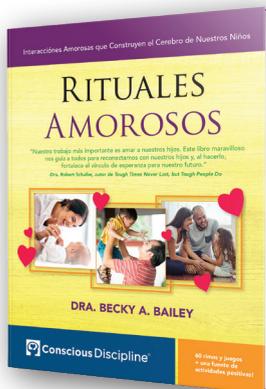
Disponible en español por primera vez, este es el libro fundamental de Conscious Discipline. Revoluciona la manera de abordar el aprendizaje socioemocional al iniciar con el adulto y empoderarlo para enseñar nuevas habilidades a los niños. Aprende a moverte de “Haz lo que digo” a “Ser el cambio” con las habilidades, estrategias y estructuras en esta edición en español. En este libro, la Dra. Bailey da una introducción a la fuerza transformadora de los siete poderes



y habilidades de Conscious Discipline. Perfecto para salones de clases de niños pequeños y hasta de quinto grado, y adaptable para todos los niveles.

La investigación demuestra que Conscious Discipline:

- Transforma las habilidades de aprendizaje socioemocional
- Mejora el ambiente escolar
- Incrementa el logro académico
- Fomenta el vínculo casa/escuela
- Devuelve la alegría y gozo por enseñar y aprender



Rituales Amorosos (Español)

Adulto | #B102SP

Inspirado por el popular libro en inglés *I Love You Rituals* de la Dra. Becky Bailey, *Rituales Amorosos* ofrece más de 60 rimas y actividades interactivas culturalmente relevantes basadas en mensajes positivos.



Mini Amigos de Sentimiento con Libro

Edades 4-7 | Bilingüe | #V250SP

Te animamos a que obtengas la edición completa del kit Feeling Buddies para aprovechar al máximo la enseñanza de la gestión del caos emocional. Allí encontrarás todos los recursos para lograr este propósito.

incluye:

- 8 Mini Amigos de Sentimiento with Quilted Mat
- *Ayudando a Mis Feeling Buddies* book



MEJOR VALOR

El Paquete de Lujo Bilingüe incluye:

- Dos sets de ocho Feeling Buddies
- Tablero con bolsas suaves para alojar a los Feeling Buddies
- El curriculum de los Feeling Buddies (31 lecciones en Inglés/Español, 188 páginas)
- 70+ plantillas reproducibles en Inglés/Español
- 15 Plantillas Inglés/Español
- Libro *Managing Emotional Mayhem*
- Libro *Shubert es una E.S.T.R.E.L.L.A.*
- Libro *Shubert usa su GRAN Voz*
- Libro *Shubert y su Nuevo Amigo*
- Libro *Shubert is a S.T.A.R.*
- Libro *Shubert's BIG Voice*
- Libro *Shubert Sees the Best*
- Reproducibles
- Plantillas
- 3 hojas de etiquetas adhesivas de los Feeling Buddies
- Hoja What Bugs Me
- Delantal I Am Upset
- Posters del Lugar Seguro
- Tablero de bolsas de My Five Steps

EDICIÓN PARA SALÓN DE CLASES: Paquete de Lujo de Herramientas de Autorregulación de los Feeling Buddies, Bilingüe (Inglés/Español)

Edades 4-7 | Bilingüe | #T115SP

Los Feeling Buddies enseñan el proceso de autorregulación, satisfaciendo las necesidades emocionales de los niños para que puedan alcanzar su potencial social y académico. Pre-K hasta 2do grado.

GRATIS Libro Ayudando a mis Feeling Buddies con cada Paquete de Lujo para el salón de clases

EDICIÓN PARA SALÓN DE CLASES: Paquete Básico de Herramientas de Autorregulación de los Feeling Buddies, Bilingüe (Inglés/Español)

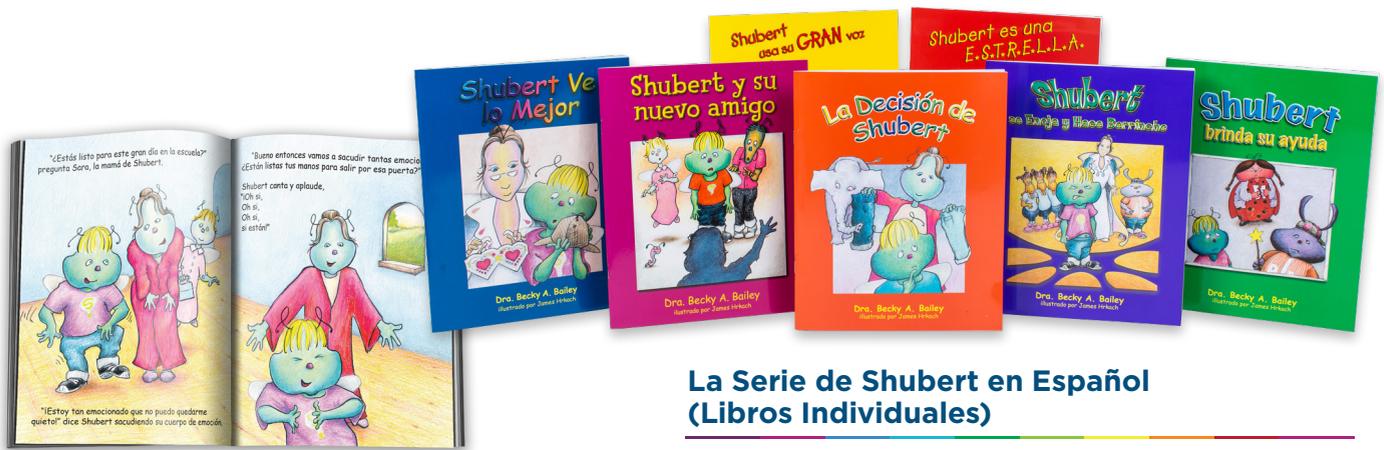
Edades 4-7 | Bilingüe | #T215SP

El innovador Paquete Básico de Herramientas de Autorregulación de los Feeling Buddies para salón de clases enseña a niños y adultos el proceso de autorregulación de cinco pasos. Incluye los componentes básicos que el programa requiere.

El Paquete Básico bilingüe incluye:

- Dos sets de ocho Feeling Buddies
- Tablero con bolsas suaves para alojar a los Feeling Buddies
- El curriculum de los Feeling Buddies (31 lecciones en Inglés/Español, 188 páginas)
- Libro *Managing Emotional Mayhem*
- Libro *Ayudando a mis Feeling Buddies*





La Serie de Shubert en Español (Libros Individuales)

Todas las Edades

¡Ahora puedes disfrutar de todos los cuentos de Shubert que amas en Español!

Construye una base sólida para las habilidades de Asertividad, Opciones, Compostura, Consecuencias, Empatía, Alentar e Intención Positiva.

Paquete de Ahorro de Shubert (Sólo los Libros)

Todas las Edades | #V100SP

Shubert usa su GRAN Voz	#SH101SP
Shubert Brinda su Ayuda	#SH102SP
Shubert es una E.S.T.R.E.L.L.A.	#SH103SP
Shubert Ve lo Mejor	#SH104SP
La Decisión de Shubert	#SH105SP
Shubert se Enoja y Hace Berrinche	#SH106SP
Shubert y su Nuevo Amigo	#SH107SP



Este set de libros único construye el carácter a través de la solución de conflictos, usando historias encantadoras y fáciles de relacionarse para los niños pequeños, al tiempo que modela el uso de las habilidades de Conscious Discipline para los adultos.

Paquete de Lujo de Sophie en Español (La Caja de Libros Súper Espléndida)

Edades 0-5 | #V201SP

La Caja de Libros Súper Espléndida de Sophie en Español (Set de 7 libros)

Edades 0-5 | #V200SP

La Serie de Sophie en Español (Libros Individuales)

Edades 0-5

Sophie usa su GRAN Voz	#SH201SP
Sophie Brinda su Ayuda	#SH202SP
Sophie es una S.T.A.R.	#SH203SP
Sophie Quiere un Turno	#SH204SP
Sophie Toma una Decisión	#SH205SP
Sophie se Enoja y Hace Berrinche	#SH206SP
El Nuevo Hermanito de Sophie	#SH207SP



El Círculo de los Bebés Paquete de Ahorro en Español

Edades 0-3 | #V115SP

La investigación ha demostrado que el óptimo desarrollo del niño depende de sus relaciones con los adultos. Con El Círculo de los Bebés en Español, aprenderás a fomentar relaciones significativas sin incrementar la carga laboral o el tamaño del equipo de cuidadores.

El Paquete de Ahorro del Círculo de los Bebés incluye:

- Paquete de 4 muñecos multi-étnicos de 14"
- Todos los componentes del Currículum en Español del *Círculo de los Bebés*

Currículum del Círculo de los Bebés en Español (Sólo el libro)

Edades 0-3 | #B107SP

El Círculo de los Bebés incluye instrucciones y actividades que mejoran las relaciones entre los cuidadores y los niños, reducen el estrés del cuidado lejos de casa, y utilizan el apego, la sintonía y el juego social para un óptimo desarrollo cerebral.

El Círculo de los Bebés incluye:

- 80+ páginas de lecciones del currículum
- 40+ páginas de información instruccional para desarrollo personal y del equipo de cuidadores
- Contenido específico para niños con necesidades especiales o conductas retadoras
- Carta para familias
- Guía de implementación y planes de muestra
- Valoraciones tanto para niños como para cuidadores
- Alineación con DECA, High Scope y Head Start

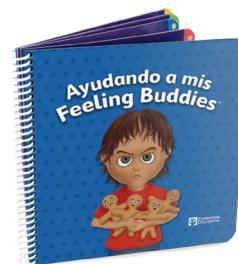
Recursos Digitales en Español GRATUITOS
Regístrate en [ConsciousDiscipline.com/Free](https://www.consciousdiscipline.com/free)



Eduquelos con Amor

Edades 0-12 | #B104SP

Centrado en el autocontrol y el fomento de la confianza tanto para padres como para niños, esta guía definitiva para la crianza de la Dra. Bailey allana el camino para que las familias se muevan del conflicto a la cooperación.



Ayudando a mis Feeling Buddies

Edades 0-4 | #B114SP

Ayudando a mis Feeling Buddies resume el proceso de los Feeling Buddies para ayudar a los niños a experimentar plenamente y manejar sus sentimientos a través de un diálogo interno sano y conductas de ayuda. Un maravilloso suplemento para tu Kit de Herramientas de los Feeling Buddies.

Apparel



Conscious Discipline w/Blue Baseball T-Shirt

Adult S-4XL | #TS161

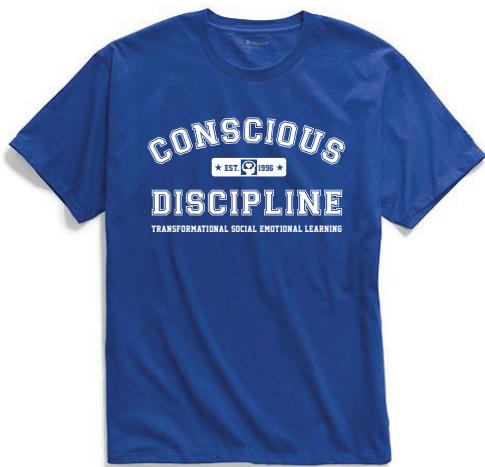
Promote the Power of Unity with our baseball shirt! The shirt is white with blue lettering and sleeves. Sleeves are 3/4 length, and the front features the word Conscious Discipline repeated. 60% cotton/40% polyester blend.



LOVE Conscious Discipline Baseball T-Shirt

Adult S-2XL | #TS154

Promote the Power of Unity with this baseball shirt! Shirt is white with raspberry lettering and sleeves. Sleeves are 3/4 length, and the front features the word "Love" and the Conscious Discipline logo. The back celebrates the Conscious Discipline Power of Unity, which says we're all in this together. The Power of Unity supports the Skill of Empathy and encourages us to treat ourselves and others with compassion. 60% cotton/40% polyester blend.



Conscious Discipline T-Shirt

Adult S-3XL | #TS153

Get your own high-quality, 100% cotton Conscious Discipline T-shirt in royal blue. Each shirt features the Conscious Discipline logo in white. Perfect for staff, workshop attendees, and Conscious Discipline enthusiasts everywhere! 100% cotton.



Red Heart Conscious Discipline T-Shirt

Adult S-4XL | #TS155

We're loving our Red Heart T-shirt and hope you will too! At the center of the red shirt, white words and phrases from the Seven Powers and Skills of Conscious Discipline form a heart. 100% cotton.



“Tye-Dye” T-Shirt

Adult S-4XL | #TS157

Your favorite Conscious Discipline T-shirt is back by popular demand! This Conscious Discipline classic features vibrant tie-dye colors, with the Conscious Discipline logo printed inside a tie-dye heart on front and the phrase “We wish you well” printed inside a tie-dye heart on the back. Colorfast tie-dye, 100% cotton.



My Feeling Buddies T-Shirt

Adult S-4XL | #TS158

Feelings are friends! Learning to befriend emotions encourages empathy and enhances self-regulation. Communicate to others that The Feeling Buddies always have your back with the My Feeling Buddies T-Shirt. Available in Navy or Green. 100% cotton.



Elevate 2022 T-Shirt

Adult S-4XL | #TS164

You expanded your skills and strategies by uniting with others at the conference, now it’s time to “Elevate” your wardrobe! Choose from bold blue or classic black to proudly display your commitment to the Conscious Discipline journey. 100% cotton.



Elevate 2023 T-Shirt

Adult S-4XL | #TS171

You expanded your skills and strategies by uniting with others at the conference, now it’s time to “Elevate” your wardrobe! Choose from shamrock green or navy blue to proudly display your commitment to the Conscious Discipline journey. 100% cotton.



LOVE Conscious Discipline Hoodie Sweatshirt

Adult S-2XL | #TS151

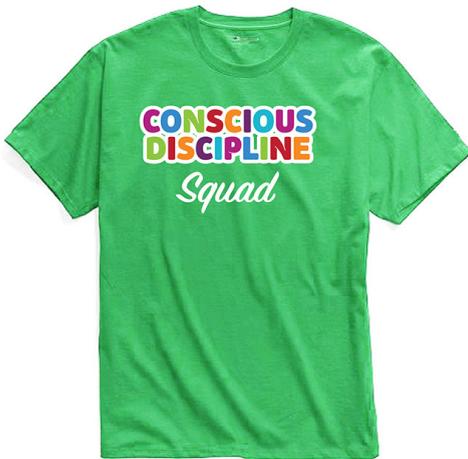
Stay warm and cozy with the Power of Love and our LOVE blue hoodie. This zip-up hoodie features the word LOVE and the Conscious Discipline logo in white on the front, while the back is solid blue. The Conscious Discipline Power of Love reminds us to see the best in others and ourselves. With the LOVE blue hoodie, you'll look and feel your best too! 50% cotton; 50% polyester.



Love T-Shirt

Adult S-4XL | #TS168

Share your love of Conscious Discipline with those around you by wearing our "For the Love" tee-shirt available in classic black or red. 100% Cotton.



CD Squad T-shirt

Adult S-4XL | #TS166

Perfect for a group or a School Family or to simply express your place in the larger Conscious Discipline family this lime green tee with text in rainbow colors will ensure you're stepping out in style. 100% cotton.



Celebrating UNiversity T-Shirt

Adult S-4XL | #TS170

The world needs to know that we are all in this together. This T-shirt is a terrific way to tell them. 100% cotton in classic Black, proudly display your commitment to, "Conscious Discipline with Excellence" in style.



Brain Smart T-Shirt

Adult S-4XL | #TS167

At Conscious Discipline, we're all about the brain. The Brain State Model brings awareness to the different parts of the brain that activate our Survival State, Emotional State and Executive State. Wear our, "Brain Smart From The Start!" as a reminder to use your powers and skills or to lead some Brain Smart Starts. Bright Blue, 100% cotton.



Celebrating Diversity T-shirt

Adult S-4XL | #TS163

With Conscious Discipline, we can shift our view from separation to unity by celebrating diversity in a way that prioritizes compassion and connection. This bold T-shirt in classic Black can be another tool to communicate that we're all in this together! 100% cotton.



Positive Vibes T-Shirt

Adult S-4XL | # TS160

Exercise your skill of positive intent by sharing all your "Positive Vibes" with the world. Teal Color, 100% cotton.



School Family T-Shirt

Adult S-4XL | #TS159

Wear your School Family proudly with this Lime Green, 100% cotton tee! Perfect as gifts for others- or for yourself.

EXPLORE OUR NEW AND IMPROVED Premium Resources

NEW content, NEW categories, NEW insights!



 Elevate Conscious Discipline

 Conscious Discipline with Excellence

 Audio Series

 Make-n-Takes

 Leadership Resources

 Twinkle, Twinkle Language and Literacy

See page 9 for details.



Our e-Course Handling Upset: The Adult-First Mindset Shift has won 2 Creative Choice Awards including 2023 Product of the Year and 2023 Seal of Excellence. Handling Upset: The Adult-first Mindset Shift is the perfect entry point for those just learning about Conscious Discipline and a powerful refresher course for those who are already implementing Conscious Discipline in their home, center, school, district or workplace.

Conscious Discipline has achieved CASEL's SElect Program Designation, recognizing Conscious Discipline as a leader in impactful social and emotional learning (SEL). This is the highest designation for evidence-based programs in the CASEL Guide to Effective Social and Emotional Learning Programs.

The Conscious Discipline: Building Resilient Schools and Homes Online Course was selected for the 2020 Teachers' Choice Award for Professional Development by Learning Magazine. Resources and products are evaluated for quality, instructional value, ease of use and innovation. Teachers' Choice is the only awards program exclusively judged by teachers through real-time classroom application.

