



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

**2020 Teachers' Choice Professional  
Development Award Winner!**



**I Love You Rituals™**

**The Safe Place™  
Self-Regulation Center**

**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**

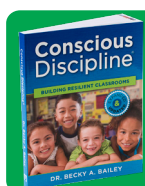
School Administrators

**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.
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**ATTN: RETURNS**  
Conscious Discipline  
648 Trestle Point  
Sanford, FL 32771



**HAVE QUESTIONS?**  
Call Customer Care  
407.366.0233

Conscious Discipline® Core

**PG 4**

I Love You Rituals™

**PG 10**

The Safe Place™

**PG 12**

Feeling Buddies®

**PG 16**

Shubert & Sophie™

**PG 18**

School Family™

**PG 19**

Baby Doll Circle Time™

**PG 22**

Music

**PG 24**

Parent Resources & Assessments

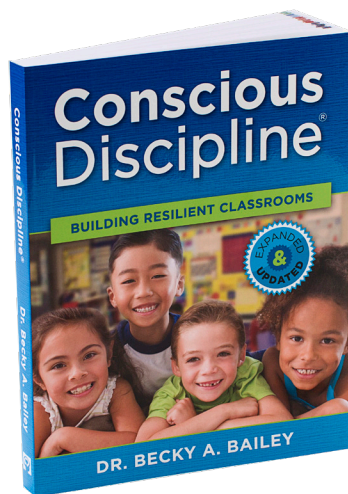
**PG 26**

Spanish Resources

**PG 28**

# 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.



Available in Spanish,  
See page 28

## 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

## 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** (Online Course access for teams of up to 75)

All Ages | # VWKSP-DS-20-L1

**Level 2 Site License** (Online Course access for teams of up to 100)

All Ages | # VWKSP-DS-20-L2

**Level 3 Site License** (Online Course access for teams of up to 150)

All Ages | # VWKSP-DS-20-L3

Learn More at [ConsciousDiscipline.com/e-learning](https://ConsciousDiscipline.com/e-learning)





## Conscious Discipline: Building Resilient Schools and Homes

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.

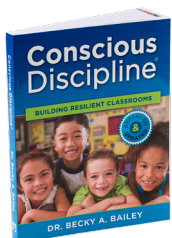
Learn more and preview at: [ConsciousDiscipline.com/e-learning](https://ConsciousDiscipline.com/e-learning)

### 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)

### 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** (Up to 75 total participants)

*All Ages | Award Winning | #E300-L1*

- Three e-Course User Accounts valid for 1 year
- 1-Year License to stream course sessions for groups of up to 75 total participants

#### **Level 2 Site License** (Up to 100 total participants)

*All Ages | Award Winning | #E300-L2*

- Four e-Course User Accounts valid for 1 year
- 1-Year License to stream course sessions for groups of up to 100 total participants

#### **Level 3 Site License** (Up to 150 total participants)

*All Ages | Award Winning | #E300-L3*

- Five e-Course User Accounts valid for 1 year
- 1-Year License to stream course sessions for groups of up to 150 total participants

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

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

Concordia University Wisconsin is proud to partner with Conscious Discipline to provide CEUs for these e-courses. Visit [www.cuw.edu/consciousdisciplinepartnership](https://www.cuw.edu/consciousdisciplinepartnership) for details.

DIGITAL  
TOOLS!

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 \$300 and is designed for active practitioners of Conscious Discipline in school or home environments.

Learn more and preview at: [ConsciousDiscipline.com/e-learning](https://ConsciousDiscipline.com/e-learning)

### 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

**Includes 120+ Minutes of Teaching**

#### 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

## NEW! 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.

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



WITH DR. BAILEY  
PRESENTING KEY  
CONCEPTS

### Individual Registration:

Ages 16+ | # EC100

### For Groups: Site License Options

**Level 1 Site License** (Access for teams of up to 75)

Ages 16+ | # VWKSPP-DS-20-L1

**Level 2 Site License** (Access for teams of up to 100)

Ages 16+ | # VWKSPP-DS-20-L2

**Level 3 Site License** (Access for teams of up to 150)

Ages 16+ | # VWKSPP-DS-20-L3

**Level 4 Site License** (Access for teams of up to 750)

Ages 16+ | # VWKSPP-DS-20-L4

**Learn more and preview at: [ConsciousDiscipline.com/e-learning](https://www.consciousdiscipline.com/e-learning)**

## 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](https://www.cuw.edu/consciousdisciplinepartnership) for details.

### Individual Registration:

Ages 16+ | # VWKSPP-20

### For Groups: Site License Options

**Level 1 Site License** (Online Course access for teams of up to 75)

Ages 16+ | # VWKSPP-DS-20-L1

**Level 2 Site License** (Online Course access for teams of up to 100)

Ages 16+ | # VWKSPP-DS-20-L2

**Level 3 Site License** (Online Course access for teams of up to 150)

Ages 16+ | # VWKSPP-DS-20-L3

**Level 4 Site License** (Online Course access for teams of up to 750)

Ages 16+ | # VWKSPP-DS-20-L4

# 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
- *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

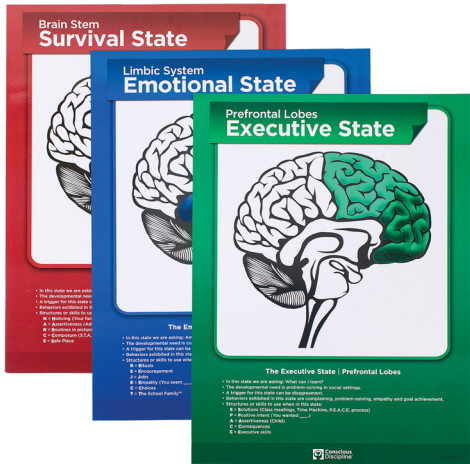
All Ages | #VP100

### 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**

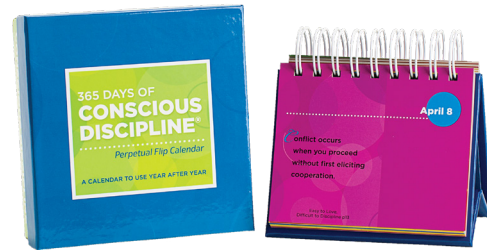




### Brain State Poster Set (3)

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

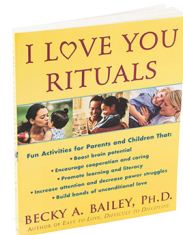
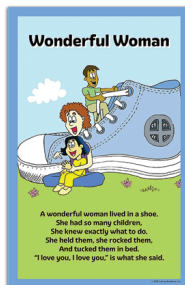
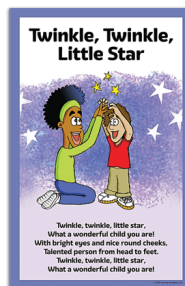
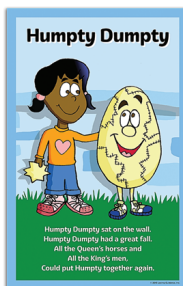
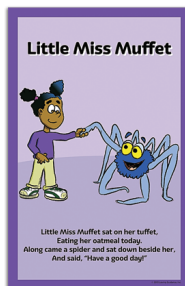
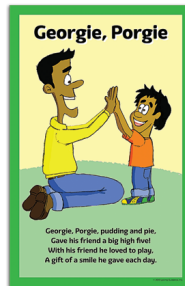
*I Love You Rituals* by Dr. Becky Bailey builds bonds and strengthens relationships with children. This best-selling book contains over 75 activities designed to strengthen adult-child relationships in order to increase attention, decrease power struggles, and promote learning and literacy in young children.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

## I Love You Rituals Value Pack

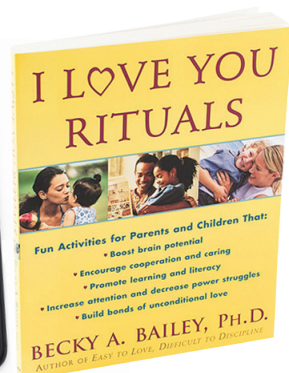
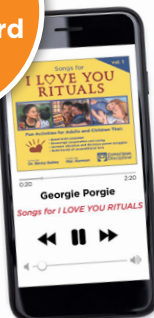
Ages 0-8 | Best Seller | #V102

### Value Pack 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





WITH SOFT  
DETACHABLE  
CHARACTERS!



## 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 fill / 9" W x 12" H x 8" D)

## I Love You Rituals Changing Table Poster Set (4)

Ages 0-3 | #T209

When children choose an enriching *I Love You Ritual* activity, a possible power struggle becomes a brain-building time of shared connection and delight. Includes four (11"x8.5") laminated posters and four stuffed characters— one for each of Dr. Bailey's top four most beloved *I Love You Rituals*. The wipe-clean, machine washable characters Velcro to the posters, encouraging the child to choose a ritual to conduct with the adult and providing a manipulative that keeps curious hands occupied.



## 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.

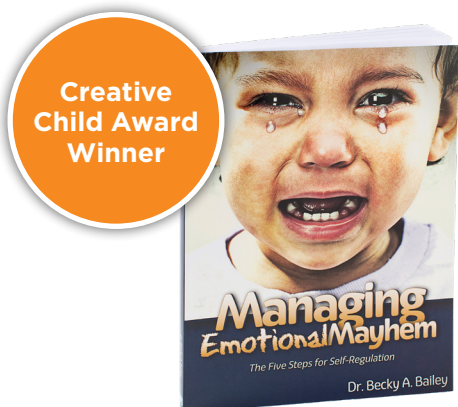


## Self-Regulation Value Pack

Ages 4-12 | #V103

### This Value Pack includes:

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



## 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.



## 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 booboos. 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

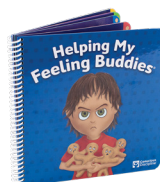
Ages 4-7 | Best Seller | #T115

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 29 for Spanish Options!





#### 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)

## 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.

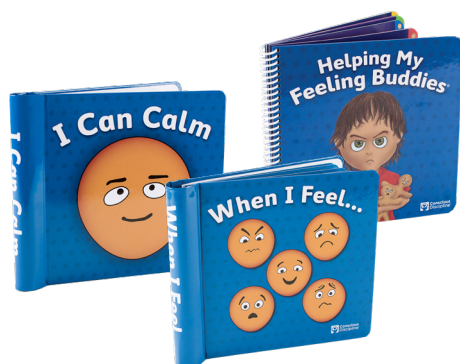
## Self-Regulation Book Value Pack

Ages 4-7 | Best Value | #V120

Get all three Feeling Buddies books in one Self-Regulation Value Pack. Promote empathy, calming strategies and the ability to understand and regulate emotions. With this trio of books, you'll empower children to meet their emotional needs with healthy skills, allowing them to fulfill their social and academic potential.

#### Value Pack includes:

- *I Can Calm*
- *When I Feel...*
- *Helping My Feeling Buddies...*



## 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 you to get the 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

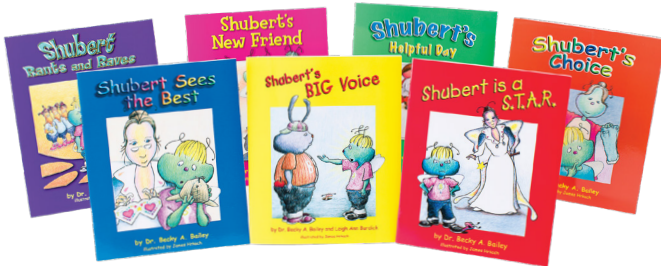
#### includes:

- 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 Value Pack

All Ages | #V100

The Shubert Value Packs 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 value-priced pack.



## 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.

## FREE ONLINE RESOURCES:

Now you can visit Shubert & Sophie at home or school!



Explore practical, room-by-room examples of Conscious Discipline implementation at home and school! Discover photos, videos and helpful 'how-to' summaries that model how administrators, educators, helpers and families can put the principles and practices into action and bring safety, connection and problem-solving to life.



# 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



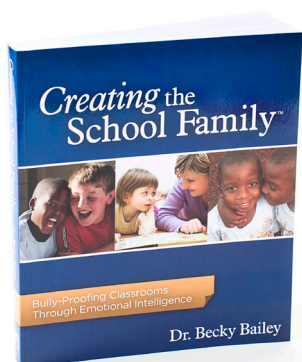
### Conflict Resolution Time Machine (full size version)

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

### Conflict Resolution Time Machine (desktop version)

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



### Creating the School Family

Ages 3-12 | #B106

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.



### Wish Well Board

All Ages | #T128

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 Value Pack

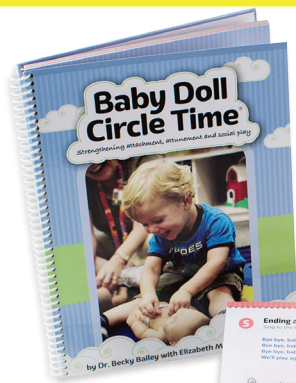
Ages 0-3 | #V115

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* Value Pack includes:**

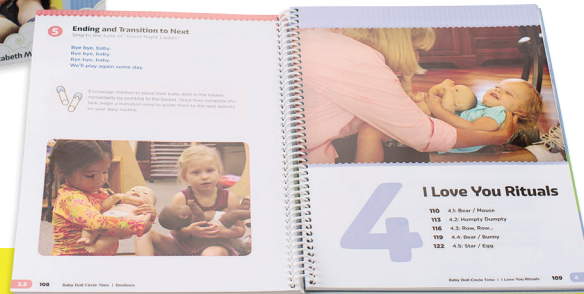
- 4-pack multi-ethnic 14" dolls
- All components of the *Baby Doll Circle Time Curriculum*

**Also available in Spanish, See page 31.**



***“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*

<b>Asian</b>	#T137A
<b>African American</b>	#T137B
<b>Caucasian</b>	#T137C
<b>Hispanic</b>	#T137D



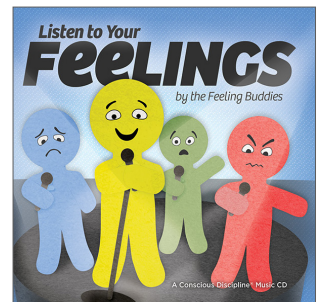
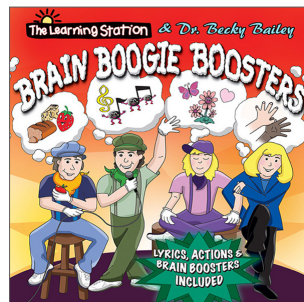
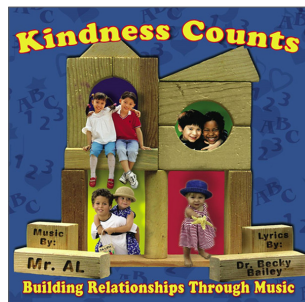
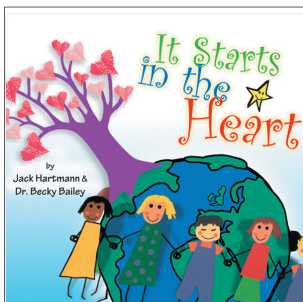
# Music

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.

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

All Ages | #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.



## **Music Value Pack**

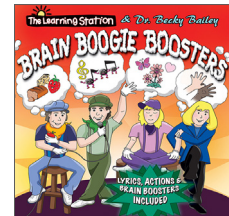
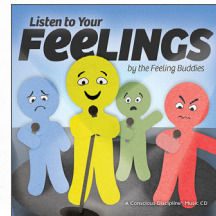
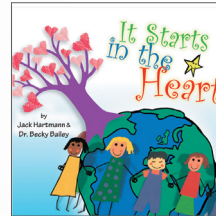
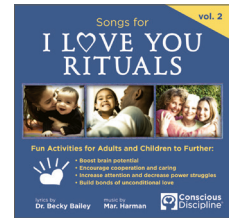
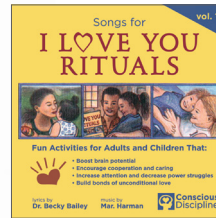
All Ages | Best Seller | #V108-D

This value pack 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 Value Pack will inspire you to get up and dance!

### **Music Value Pack includes:**

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

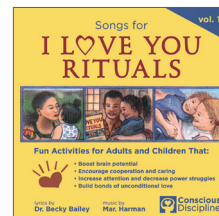




## Digital Music Deluxe Pack

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 Value Pack

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



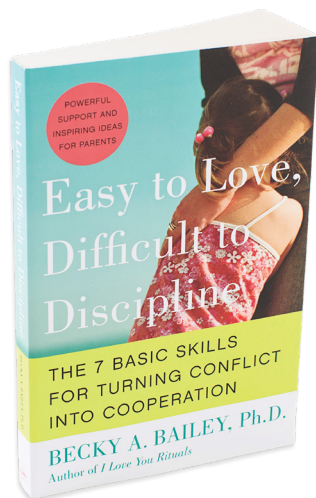
## HOME EDITION: Feeling Buddies Self-Regulation Toolkit

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:

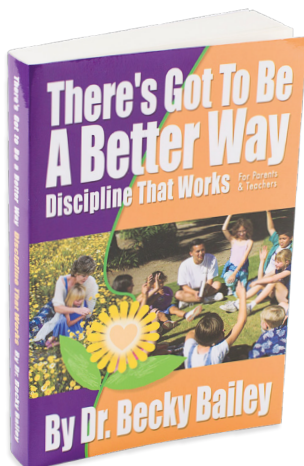
- Online Video Coaching for Parents with Dr. Becky Bailey
- *Managing Emotional Mayhem* book
- *Mini-Feeling Buddies* with Carrying Case
- *Helping My Feeling Buddies* book
- *Listen to Your Feelings* music (digital music)



## 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.



## 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.



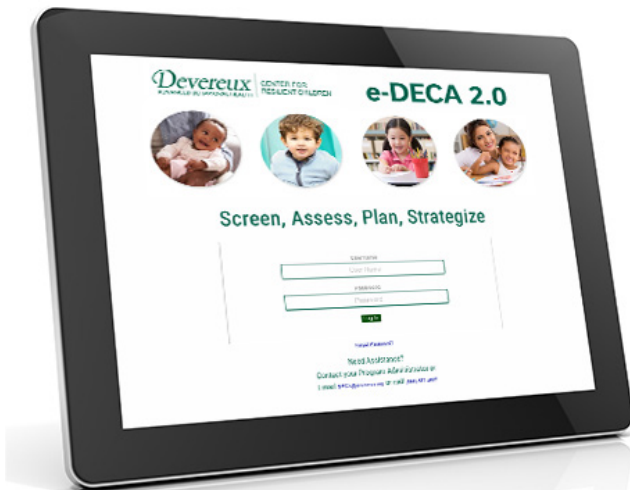
## Reflection Sciences Executive Function Assessment (School / District Option)

#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](http://ConsciousDiscipline.com)



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

## 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 Devereux 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

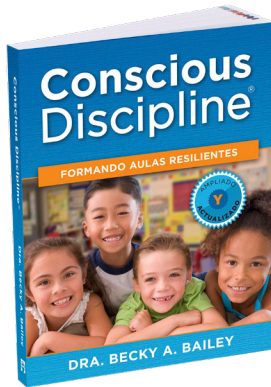
#T143

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.



# 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

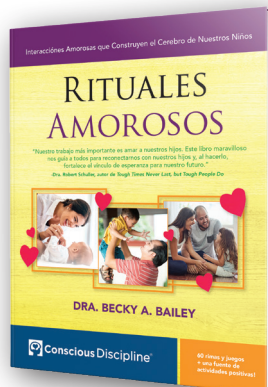
Disponible en español por primera vez, este es el libro fundamental de Conscious Discipline. Revoluciona la manera de abordar el aprendizaje socioemocional al iniciar con el adulto y empoderarlo para enseñar nuevas habilidades a los niños. Aprende a moverte de “Haz lo que digo” a “Ser el cambio” con 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 currículum 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 Ayundando 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 currículum de los Feeling Buddies (31 lecciones en Inglés/Español, 188 páginas)
- Libro *Managing Emotional Mayhem*
- Libro *Ayundando a mis Feeling Buddies*







La Serie de Shubert en Español  
(Libros Individuales)

Todas las Edades

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

**¡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



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://consciousdiscipline.com/free)



## Edúquelos 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.



# Active Calming Center

See page 14 for details.



Conscious Discipline is now recognized by the Substance Abuse and Mental Health Administration's National Registry of Evidence-based Programs and Practices (NREPP), which promotes the adoption of scientifically established behavioral health interventions. NREPP is the gold standard for identifying research-based interventions.



Conscious Discipline Achieves 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.

