

Preschool Conscious Discipline Scope and Sequence PLC 2022-2023

	Unit #1	Unit #2	Unit #3
Unit Name	Meet the Buddies	I am Acting out my Emotions	I Calm Myself
Date for Instruction	October 2022	November 2022	January 2023
Length	1.5 hours	1.5 hours	1.5 hours
Agenda			
Brain Smart Start: Unite, Disengage Stress, Connect <i>(10 min)</i>	We Connect Cards Breathing Exercise (Host Choice) I Love You Ritual (Wonderful Woman) Wish Well Board	We Connect Cards Breathing Exercise (Host Choice) I Love You Ritual (Humpty Dumpty) Wish Well Board	We Connect Cards Breathing Exercise (Host Choice) I Love You Ritual (Georgie Porgie) Wish Well Board
Sharing from Last Learning - How did your commitment go? <i>(15 min)</i>	How is the implementation of the Units into your Lesson Plan going? Ease/access of the resources? Share how your Friends and Family Board is working.	Reflect on Action Plan Agreement Form from previous meeting and fill out page 2. Share how your Greeting/Goodbye Rituals are going.	Reflect on Action Plan Agreement Form from previous meeting and fill out page 2. Share how your Safe Place is going.
Content Practice Classroom recordings <i>(45min)</i>	Take a look at upcoming lessons. Review Extension Activities and Buddy Tips (how can these be modified) Make and Take – Wish Well Boards	CD Chapter 4 Composure Potential Recording Viewing and Reflection. Book Portal/Feelings Buddies Time for staff to reflect on strengths and/or barriers to implementation.	Share Belly Breathing video from Book Portal Chapter 4 #9 (link below) Potential Recording Viewing and Reflection. Time for staff to reflect on strengths and/or barriers to implementation.
Core Concepts, Outcomes, Key Takeaways/ Closing Commitment <i>(15 min)</i>	Sites have introduced Primary Feeling Buddies to children. Secondary Feeling Buddies come next. When you leave you will know who the Primary and Secondary Feeling Buddies are. Commitments located in Feeling Buddies Curriculum at the end of each lesson/unit. (Fill out Action Plan Agreement form page 1)	Commitments located in Feeling Buddies Curriculum at the end of each lesson/unit. (Fill out Action Plan Agreement form page 1) .	Commitments located in Feeling Buddies Curriculum at the end of each lesson/unit. (Fill out Action Plan Agreement form page 1)
Materials (CD videos, links, make and takes, handouts)	Wish Well Boards Review Instructional DVD/Book Portal	Instruction Video	https://consciousdiscipline.com/free-resources/book-portal/chapter-4-composure/#9bellybreathingactivities Memory Game: Breathing Choices Scissors, Manila Folders

	Unit #4	Unit #5/6	Unit #7
Unit Name	I Feel	I Choose/I Solve	Our School Family Celebrations
Date for Instruction	March 2023	April 2023	May/June 2023
Length	1.5 hours	1.5 hours	1.5 hours
Agenda			
Brain Smart Start: Unite, Disengage Stress, Connect (10 min)	We Connect Cards Breathing Exercise (Host Choice) I Love You Ritual (Twinkle Twinkle) Wish Well Board	We Connect Cards Breathing Exercise (Host Choice) I Love You Ritual (Little Miss Muffett) Wish Well Board	We Connect Cards Breathing Exercise (Host Choice) I Love You Ritual (Snuggle Up) Wish Well Board
Sharing from Last Learning - How did your commitment go? (15 min)	Reflect on Action Plan Agreement Form from previous meeting and fill out page 2. Share how your Job Board is going.	Reflect on Action Plan Agreement Form from previous meeting and fill out page 2. Share how Brain Smart Starts are going.	Reflect on Action Plan Agreement Form from previous meeting and fill out page 2.
Content Practice (45min)	Potential Recording Viewing and Reflection. Book Portal/Feelings Buddies Time for staff to reflect on strengths and/or barriers to implementation.	Potential Recording Viewing and Reflection. Book Portal/Feelings Buddies Time for staff to reflect on strengths and/or barriers to implementation. Make and Take: I Love You Rituals Choices Spinner	Potential Recording Viewing and Reflection. Book Portal/Feelings Buddies Time for staff to reflect on strengths and/or barriers to implementation.
Core Concepts, Outcomes, Key Takeaways/ Closing Commitment (15 min)	Commitments located in Feeling Buddies Curriculum at the end of each lesson/unit. (Fill out Action Plan Agreement form page 1)	Commitments located in Feeling Buddies Curriculum at the end of each lesson/unit. (Fill out Action Plan Agreement form page 1)	Commitments located in Feeling Buddies Curriculum at the end of each lesson/unit. (Fill out Action Plan Agreement form page 1)
Materials (CD videos, links, make and takes, handouts)	Review Instructional DVD/Book Portal	Make and Take: I Love You Rituals Choices Spinner Scissors, Brads, Hook & Loop Velcro Preschool Commitment https://www.youtube.com/watch?v=9helwqqoqYw	Shining Star Song-Preschool https://www.youtube.com/watch?v=dDY6oVhIEpY&t=2s