
Discipline

by Maria Heizer

Discipline – definition

School discipline is the system of rules, punishments and behavioural strategies appropriate to the regulation of children or adolescences and the maintenance of order in schools. Its aim is to control the students' actions and behaviour.

Wikipedia

How to implement discipline



Carrot and Stick ☺

Carrot and Stick Approach is an idiom that refers to a policy of offering a combination of rewards and punishment to induce behaviour. It is named in reference to a cart driver dangling a carrot in front of a mule and holding a stick behind it. The mule would move towards the carrot because it wants the reward of food, while also moving away from the stick behind it, since it does not want the punishment of pain, thus drawing the cart.

An obedient student

An obedient student is in compliance with the school rules and codes of conduct. These rules may, for example, define the expected standards of clothing, timekeeping, social behaviour and work ethic.

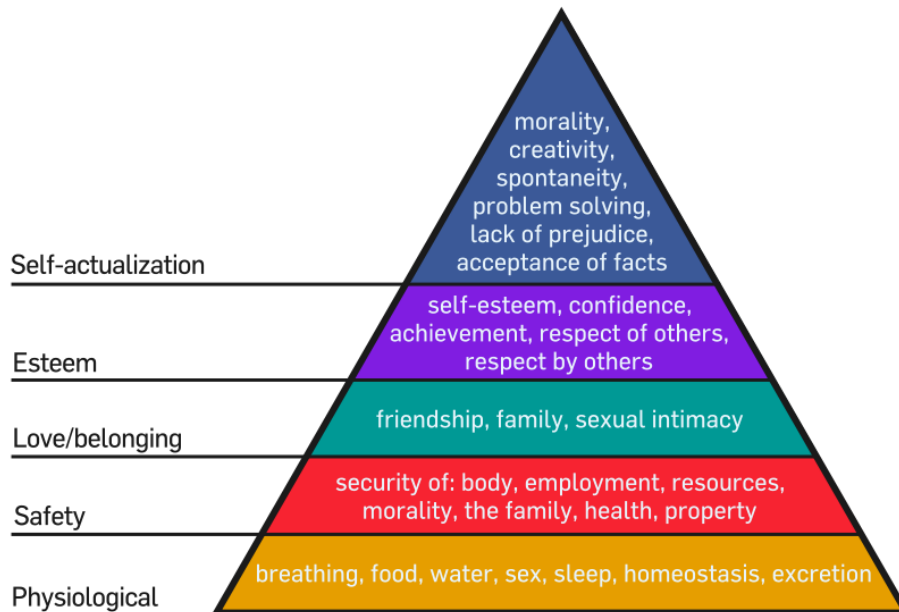
What are our students like?

Some think that teachers don't care about them. Others don't want to be in school at all. They don't consider goal setting and success in school important any more.

Students are unaware that their adolescent behaviours will result in punishment they won't like. They are risk takers.

Maslow's Pyramid of needs

The most basic needs must be met before the higher level needs can be satisfied or worked on.



The nine types of intelligence by Howard Gardner

Every student is smart in some way. Your role is to discover it and use it.

1. Naturalists – nature smart
2. Musical – musical smart
3. Logical – mathematical – number/reasoning smart
4. Existential
5. Bodily-kinaesthetic – body smart
6. Linguistic – word smart
7. Spatial – picture smart
8. Self-smart – Intra personal intelligence – is the capacity to understand oneself and one's thoughts and feelings, and to use such knowledge in planning and directing one's life
9. People-smart – Inter personal intelligence – is the ability to understand and interact effectively with others. It involves effective verbal and non-verbal communication, the ability to note distinctions among others, sensitivity to the moods and temperament of others, and the ability to entertain multiple perspective.

H. Gardner

Different learning styles




Our students experience the world and learn in different ways but they ALL can make progress.

Auditory students – make them listen (eg. CD)

Visual students – show them things (eg. video, photos, pictures)

Kinaesthetic students – need to move, touch rearrange things (eg. jumbled sentences, drawing, copying)



	Visual Learner: Learns best by seeing
	Auditory Learner: Learns best by hearing
	Kinesthetic Learner: Learns best by feeling or experiencing

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The importance of the first 20 seconds



Remember, when you meet your students face-to-face

- 93% of how you are judged is based on non-verbal data-your appearance and your body language,
- only 7% is influenced by the words you speak.

Make use of disciplining routines

In the corridor

- Getting into pairs
- Pairs' order
- Entering the classroom
- Tell them why it is important

Crowd forces

- Crowd forces reach levels that are almost impossible to resist or control.
- Crowd deaths are due to asphyxia.
- Forces are due to pushing, and the domino effect of people leaning against each other. People get stacked up vertically, one on top of the other.

Wikipedia



What is stampede?

A stampede is an act of mass impulse among herd animals or a crowd of people in which the herd (or crowd) collectively begins running with no clear direction or purpose.

Wikipedia

Stampede can end up in casualties. For example:

May 4, 2010: 63 people were injured when a panic-driven stampede broke out during the Remembrance of the Dead ceremony on Dam Square, Amsterdam.

August 31, 2005: Over 1000 people were killed in a Baghdad bridge stampede.

Compare an orderly class before the lesson



Classroom routines

Sitting down

Organization of work place – use strategic lines (for example, on the floor)

Bags and books

Teacher Time

Attendance

Late comers

'I haven't done my homework' book

Messenger's circle



Steps to take and warning system

Pitch

Look

Calling the student's name

Walking up to the student

Explaining the reason

Changing a seat

Extra homework assigned

Student writes a note to parents – Dealing with serious problems – Paper is patient. A German proverb. It means that what you write will always be there, and it can also mean that the paper is a perfect listener, you can write and tell whatever you want. Have the students describe the situation in 4 copies (one for the parents, one for the headmaster)

How to deal with corridor fights (Puppies and Kiemlicze)

Adrenaline rush

Stand behind them

Spread your arms to separate opponents

Release the tension

Laughter




Always ask: **WHAT FOR?** And never **WHY?**

Have them shake hands and go in different directions

Make them write about the incident

Human brain

Discipline in class helps students control their reptilian coping brain and their mammalian coping brain.

<p>Reptilian Coping Brain (instincts)</p>	<p>Mammalian Coping Brain (emotions)</p>	<p>Thinking Coping Brain (thoughts – uniquely human)</p>
 <p> ■ Thinking (neocortex) ■ Emotional (mammalian) ■ Reptilian (survival) </p>	 <p> ■ Thinking (neocortex) ■ Emotional (mammalian) ■ Reptilian (survival) </p>	 <p> ■ Thinking (neocortex) ■ Emotional (mammalian) ■ Reptilian (survival) </p>
<ul style="list-style-type: none"> - Instinctive survival - Attack or hide response - Aggression - Anger display - Fear - Revenge - Tribalism & territorial behaviour - Reproductive instinct 	<ul style="list-style-type: none"> - Instinctive survival when dependent upon others - Emotional expression - Social identity and emotional connection with others - Mutual love and emotional bonding - Compassion and empathy with others - Joyful feelings of happiness and excitement - Enjoyment of play - Sense of emotional distress and sadness - Emotional preferences, likes and dislikes - Our sense of shame, rejection and acceptance 	<ul style="list-style-type: none"> - Questioning, problem solving - Ability to reason, judge and choose among options - Ability to learn and gain knowledge from our experiences - Ability to regulate instinctive brain functions and develop new coping strategies - Ability to understand and use words and abstract symbols - Ability to create, plan and imagine things that do not exist. Ability to adapt to change and develop new coping skills, beliefs and behaviour

Nonviolent communication by Dr. Marshall Rosenberg

Giraffe – the language of the heart – a language of request that allows to communicate with others in respectful, compassionate ways. It bids us to speak from the heart, to talk about what is going on without judging others. It gives people opportunity to say YES, although no is also respected for an answer. Why giraffe – they have the largest hearts of all land animals.

Jackal – a language of demands that provoke defensiveness, resistance and counter attack. Why Jackal – due to their proximity to the ground tend to see what under their nose. It symbolizes short-sighted, self-protecting limited communication.

Stating a request according to Marshall Rosenberg

Describe your observation

Identify your feelings

Explain the reason for your feelings in terms of your needs

State your request

Responding to NO – protecting autonomy

Describe the situation

Guess the other person's feelings

Guess the reason for that feeling, together with the unmet need let the person verify if you have correctly understood

Clarify the unmet need

Compassion communication

Don't take anything personally

Remember that upset, attacking statements are tragic expressions of unmet needs and requests

Hear the heart behind any message

Speak Giraffe not Jackal



Karl Steyaert with Nonviolent Communication (NVC)

Golden rules

Have a Positive Attitude

Set your expectations early

Develop a good rapport with your students

Have clearly defined consequences

Stick to your guns

Read “Classroom Management. 5 Effective Classroom Management Strategies” by Derrick Meador

And always remember that **kindness matters**

Plus we are Guarding Angels but not Gods ☺

