What we will learn

• God’s advice for teachers and leaders
• Definition of discipline
• Balanced discipline
• Motivation
• Tips and techniques
• Relationships
Where to begin . . .

Shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; not domineering over those in your charge, but being examples to the flock. And when the chief Shepherd appears, you will receive the unfading crown of glory. Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.” I Peter 5:2-5
Where to begin . . .

• Feed the sheep
• Feed your faith (Bible study)
• Model what you teach
• Use Christ’s example as your guide
• Clothe yourself in humility as Jesus did
Discipline is . . .

• Rules
• Correcting
• Redirecting
• Teaching
• Relationship
The world's view of discipline

Behaviorism

- Training
- Punishment unwanted behavior
- Reward desired behavior
- Creates guilt and shame
- Dependency on reward
- Extrinsic motivation
## Balanced discipline

<table>
<thead>
<tr>
<th>Expectations</th>
<th>Responsiveness</th>
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<tbody>
<tr>
<td>☐ High Ability Cue</td>
<td>☐ Encouragement</td>
</tr>
<tr>
<td>☐ Rules</td>
<td>☐ Belonging</td>
</tr>
<tr>
<td>☐ Consequences</td>
<td>☐ Forgiveness</td>
</tr>
<tr>
<td>☐ Correction</td>
<td>☐ Mercy</td>
</tr>
<tr>
<td>☐ Praise</td>
<td>☐ Unconditional love</td>
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<tr>
<td>Law</td>
<td>Grace</td>
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</table>

Balanced discipline

Written Revealed
Tips and Techniques

The “Hero” Sandwich for Discipline

Correction  
Consequence  

Reminder of  
God’s help  

Because I care about you and want better for us

Because I care about you and want better for us
What's behind the behavior?

- Motivation
- Control
- Acceptance
- Achievement
What's behind the behavior?

Emotional confusion
- Wrong emotion
- Anxiety
  - Withdrawal
  - Over activity
  - Defiance
  - Aggression
Tips and Techniques

Anxiety

- Deep breaths
- Go outside
- Movement
- Ask “What will help?”
Tips and Techniques

Emotions

• Emotional awareness
• Upstairs brain/downstairs brain
• Flip your lid

Dr. Daniel Siegel
Tips and Techniques

Emotions

- Move upstairs with a mental activity
  - Name classmates
  - Category game
  - Song lyrics
  - Bible verse with actions
Tips and Techniques

Positive Education

• Positive thinking (gratitude journals)
• Share stories
• Build relationships
Tips and Techniques

E  Empathy

R  Reframe
It is frustrating to wait your turn when you are thirsty.

Won’t that water taste good when you get there?

Your friends appreciate it when you wait patiently.
It is sad when your friend won’t sit by you.

Now you have a chance to make a new friend.
Tips and Techniques

• Avoid rewards
• Avoid punishment as a first plan
• Cognitive training:
  
  Am I . . .
  Safe?
  Learning?
  Kind?
<table>
<thead>
<tr>
<th>Cognitive Discipline</th>
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</thead>
<tbody>
<tr>
<td>What I did:</td>
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<td></td>
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<tr>
<td>What I should have done:</td>
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<tr>
<td></td>
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<tr>
<td>What hurt I caused:</td>
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<td></td>
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<tr>
<td>God forgives and helps me:</td>
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<td></td>
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<tr>
<td>When the righteous cry for help, the LORD hears and delivers them out of all their troubles. Psalm 34:17</td>
</tr>
</tbody>
</table>
**Tips and Techniques**

- Save to show students and parents
- Not for condemnation, but to show how God is helping.

> When the righteous cry for help, the **LORD** hears and delivers them out of all their troubles. Psalm 34:17
Tell your students what you want rather than what you don’t want.

Instead of:
“It’s too noisy in here”
Use:
“Let’s quiet down”
Or:
“12 inch voices”
Tell your students what you want rather than what you don’t want.

Instead of:
“Don’t be mean!”

Use:
“Remember kindness”

Or:
“Ask again in a kind way”
Tips and Techniques

Love unconditionally

• Nothing could make me love you less
• Nothing could make me love you more
• I love you because God loves me
LOVE IS NOT 'IF' OR 'BECAUSE'

LOVE IS 'ANYWAY' AND 'EVEN THOUGH' AND 'IN SPITE OF'
Tips and Techniques

Sense of Belonging

- I have a place here
- I can contribute
- I can learn
- Someone cares about me
- I can care about others
Relationships

• With students
  • Know 3 things
• Between students
  • Take time to discuss
• With parents
  • Build a team
• With others
  • Teachers, DCE’s, Pastors
Blessed to be a Blessing

Where sin increased, grace abounded all the more.
Romans 5:20b