



Oh hey,

I'm Mellissa

I'm a wife, mom of four amazing kids, a teacher, I love teaching about positive discipline, and obsessed with creating adventurous ways to do the ordinary.

Like many of you, I'm always trying to keep my home and classroom free of chaos. That's not always easy, right?

So, I thought, why not create a PDF to make your home/classroom more manageable?

I hope these PDFs help your home/class go from chaos to calm.

Let's do this!

15 POSITIVE DISCIPLINE TECHNIQUES FOR HOME AND THE CLASSROOM



SET CLEAR EXPECTATIONS

Clearly communicate rules and consequences. "We clean up our own messes." or "We raise our hands before speaking."



USE LOGICAL CONSEQUENCES

Let natural results teach lessons. "I understand you don't want to wear your coat. You can choose to bring it along in case you get cold later."

IMPLEMENTING TIME-INS

Spend quality time together instead of isolating. "Let's sit together and talk about it when you're ready."



ENCOURAGING PROBLEM-SOLVING

Guide children to find their own solutions. "What ideas do you have to solve this problem?"



PRACTICING ACTIVE LISTENING

Give full attention when children speak. "So what I'm hearing is that you're frustrated because the math problem is difficult. Is that right?"



OFFERING CHOICES

Provide limited options to promote decision-making. "Would you like to use the green crayon or the blue one?"



USE POSITIVE REINFORCEMENT

Acknowledge good behavior to encourage repetition. "I appreciate how quietly you worked on your project today."



CREATING A ROUTINE

Establish predictable daily schedules. Create a morning routine chart with pictures showing tasks like "brush teeth," "get dressed."





IMPLEMENT FAMILY/CLASSROOM MEETINGS

Regularly discuss issues and plans together. This practice teaches children that their voice matters in making decisions.

Thank You.



MODEL DESIRED BEHAVIOR

Show children how to act appropriately. If a parent or teacher wants their child/students to speak politely, they should use "please" and "thank you" consistently.

USING "WHEN-THEN" STATEMENTS

Link privileges to responsibilities. "When everyone has cleaned up their art supplies, then we can have free time."



ENCOURAGING SELF REFLECTION

Ask questions to promote understanding. "What could you do differently next time?"



PRACTICING EMPATHY

Acknowledge feelings before addressing behavior. "I can see you're sad about leaving. It's hard to say goodbye when you're having fun."



USING "I" MESSAGES

Express your feelings without blame. "I feel frustrated when I have to repeat myself multiple times."



IMPLEMENTING A CALM-DOWN CORNER

Create a space for emotional regulation. This helps children learn to manage their feelings.



Positive discipline is a powerful tool. It works for both parents and teachers. This approach teaches and guides children. It doesn't use punishment.

These techniques build respect and teamwork. They help children learn important skills. They work for all ages, from little kids to teens. You can adjust them for different situations.

Remember, positive discipline takes time. It's not a quick fix.

15 POSITIVE DISCIPLINE TECHNIQUES FOR THE CLASSROOM



ESTABLISHING CLASSROOM RULES COLLABORATIVELY

Involve students in creating guidelines. For example, have a class discussion to brainstorm rules. Write them on a board.



USE NON-VERBAL CUES

Employ gestures to redirect behavior quietly. Use a hand signal to remind students to raise their hand before speaking.

IMPLEMENTING A TOKEN ECONOMY SYSTEM

Reward positive actions with tokens. Students can exchange these for small privileges.



PRACTICING PEER MEDIATION

Train students to help resolve conflicts. This promotes empathy, communication skills, and problem-solving abilities.



USING POSITIVE TIME-OUT

Provide a space for students to regain composure. Create a cozy corner with calming activities.



ENCOURAGING STUDENT LEADERSHIP ROLES

Assign classroom responsibilities. Rotate roles weekly to give everyone a chance.



IMPLEMENTING CLASS MEETINGS

Discuss issues and solutions as a group. It's a chance for students to voice concerns and suggest improvements.



USING BEHAVIOR CONTRACTS

Create agreements for specific behavior goals. This involves the student in their own behavior management. Review and adjust the contract periodically.





PRACTICE ROLE-PLAYING

Act out scenarios to teach appropriate responses. This helps students practice new skills in a safe environment. It's particularly useful for social situations



IMPLEMENTING A BUDDY SYSTEM

Pair students for mutual support. This promotes empathy and cooperation. Buddies can help each other with tasks or provide emotional support.

USING NATURAL CONSEQUENCES

Allow real-world results to teach lessons. For example, if a child forgets their lunch, they might feel hungry. This teaches responsibility without punishment.



ENCOURAGING GOAL-SETTING

Help students create and achieve personal targets. Start with small, achievable goals and gradually increase difficulty.



IMPLEMENTING A QUIET SIGNAL

Use a consistent cue for attention. This could be a hand signal, a chime, or a specific phrase. It helps transition between activities smoothly.



USE POSITIVE PHRASING

Frame instructions in a constructive manner. Instead of saying "Don't run," say "Please walk."

PRACTICE REFLECTIVE LISTENING

Repeat back students' concerns to show understanding. For example, "So you're feeling frustrated because the math problem is difficult?"



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What's Next?

The Happy Family Guide is the first step in creating more harmony and having a more balanced home and work life. You have learned how to create more harmony by learning how to communicate better, inviting cooperation in getting things done, and connecting to create a more purposeful life.

The next step is taking that harmony we are creating and putting it into action with our **The Organized Family Starter Pack**. It's just \$7

**CHECK IT
OUT
HERE!**



Do you want to implement a proven system to create balance in your life and family? Check out the Organized Family System. **Coming Soon!**



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