



Oh hey,

I'm Mellissa

I'm a wife, a mom of four amazing kids, and a teacher. I'm a certified positive discipline educator 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!

DISCIPLINE VS PUNISHMENT

Worksheet

Name: _____

Progress Date: _____

Behavior Description:

Describe the specific behavior without judgment:

Feelings and Needs:

What might the child be feeling? What needs might they have?

Feelings:

Needs:

Positive Discipline Strategy

Choose a strategy to address the behavior:

- Natural/logical consequences
- Family/Classroom meeting
- Time-in
- Words of Encouragement
- Other: _____

Describe your chosen strategy: _____

Implementation:

How will you put this strategy into action?

Results and Reflections:

What happened when you used this strategy?

What went well?

What could be improved?

Next Steps:

What will you try next?

Remember:

Be consistent, focus on teaching, not punishing, model the behavior you want to see, involve the child in problem-solving when appropriate, and celebrate progress, no matter how small.

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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!**



let's be friends

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