

**Conscious Discipline Professional Development: Online, March 2020**  
**Consequences vs. Punishments**

Day	Title / Description	Reading Resource	Reflection Questions
1	<p><b>Why Conscious Discipline Consequences Work and Punishments Don't</b>            A common misconception about Conscious Discipline is that there are no consequences. <b>The reality is that Conscious Discipline has effective consequences instead of traditional consequences.</b> The first six <a href="#">powers</a> and <a href="#">skills</a> of Conscious Discipline build a foundation that makes effective consequences possible.</p>	<p><b>Online Article:</b>  <a href="https://consciousdiscipline.com/why-conscious-discipline-consequences-work/">https://consciousdiscipline.com/why-conscious-discipline-consequences-work/</a></p> <p><b>PDF Overview:</b>  <a href="https://consciousdiscipline.s3.amazonaws.com/Articles/Effective-Consequences-within-Conscious-Discipline_Part1.pdf">https://consciousdiscipline.s3.amazonaws.com/Articles/Effective-Consequences-within-Conscious-Discipline_Part1.pdf</a></p>	<p>1. What's the difference between traditional punishments and CD consequences?</p> <p>2. What is the biggest barrier for you in implementing consequences vs. traditional punishments? How can you overcome it?</p>
2	<p><b>The Three Types of Consequences and How to Give Them</b>            In <a href="#">Part One</a> of our consequences series, we explained how Conscious Discipline lays the foundation for effective consequences that promote lasting change. This foundation consists of safety, connection, and teaching vital social and emotional skills.            Once you've built this foundation, you're ready to deliver <a href="#">effective consequences</a>. In this article, we'll outline how to facilitate the three types of consequences: natural, logical, and problem-solving.</p>	<p><b>Online Article:</b>  <a href="https://consciousdiscipline.com/three-types-of-consequences/">https://consciousdiscipline.com/three-types-of-consequences/</a></p>	<p>1. Describe scenarios from your classrooms in which it would have been helpful to use the three different types of consequences. Do you think the situation would have turned out differently if you had utilized CD consequences? Why or why not?</p> <p>2. What is the biggest barrier for you in implementing the three different types of consequences with your students? How can you overcome it?</p>
3	<p><b>Conscious Discipline Consequences: FAQs and Common Scenarios</b>            In Part Three, we've created an easy to understand guide designed to help you put the information in Parts One and Two into practice. Read on for answers to frequently asked questions, plus helpful examples of how to handle common discipline scenarios the Conscious Discipline way.</p>	<p><b>Online Article:</b> <a href="https://consciousdiscipline.com/conscious-discipline-consequences-common-scenarios/">https://consciousdiscipline.com/conscious-discipline-consequences-common-scenarios/</a></p>	<p>1. Which of the outlined common scenarios do you see most often in your classroom? What small shift in your language and/or behavior can you make to address this scenario?</p> <p>2. We teach responsibility by creating the safety and connection needed for children to take ownership, reflect, and listen to the messages their feelings provide about their impact on the world. <i>Only</i> through this approach can we give consequences that motivate children to change their behavior.</p>

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