



Disciplina Positiva Chile
Crianza con amor y firmeza

Positive Discipline for Elementary Age Students

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The fist

An iceberg floating in the ocean. The top part of the iceberg is above the water surface, and the bottom part is submerged. A horizontal red line marks the water surface. The sky is blue with light clouds, and the water is a deep blue.

Behavior

Belief behind the behavior

**Belonging and
Significance**

BASIC ADLERIAN PRINCIPLES

Positive Discipline

Focus on Solutions

Long Term Effects

Teach life skills

**Mistakes are Opportunities
to Learn**

Encouragement

Private Logic

The power of perception

Mutual Respect

Kind and Firm

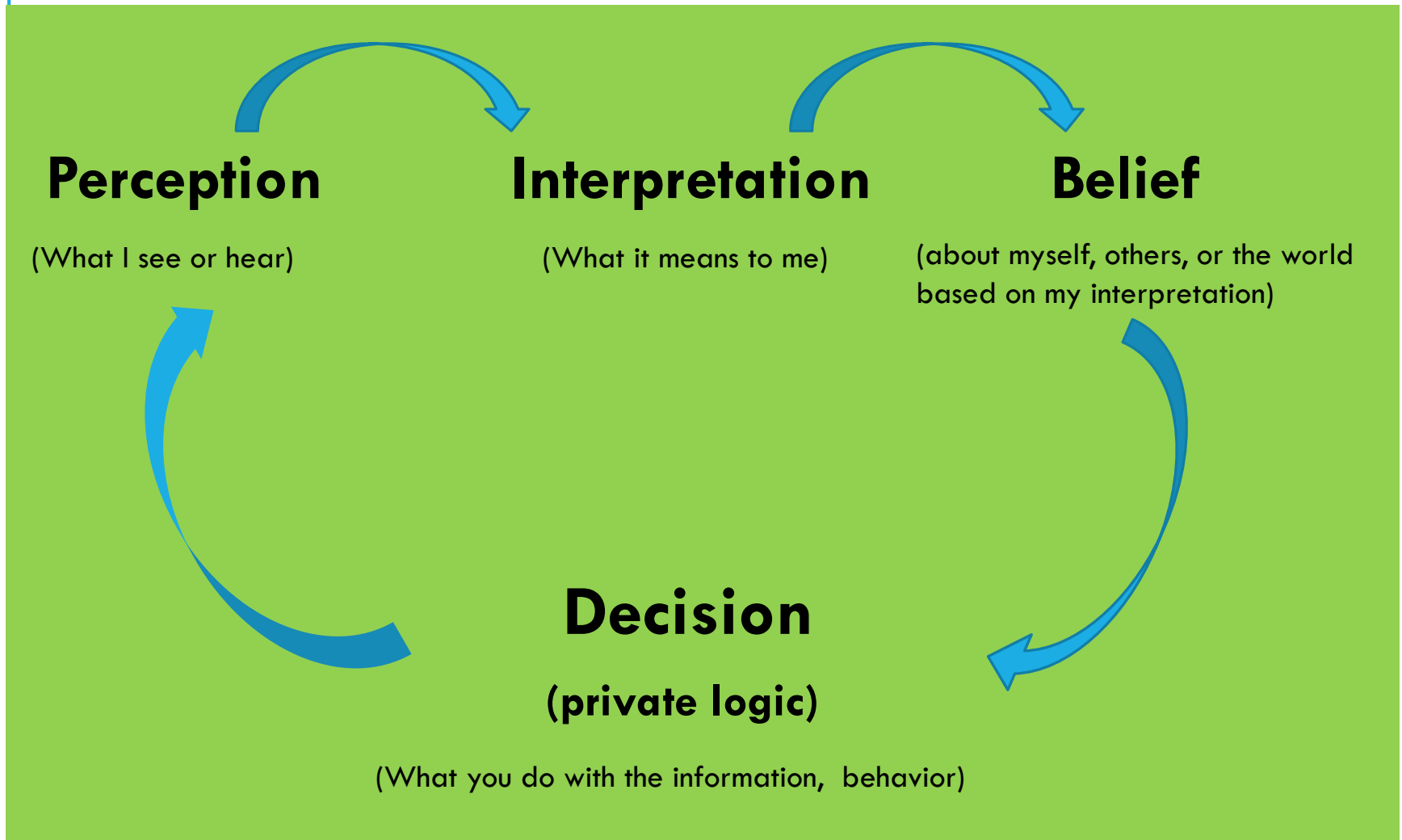
**Horizontal
Relationships**

Belonging and Significance

Connection

ALFRED ADLER. (1870-1937)

INDIVIDUAL PSYCHOLOGY



BRAIN IN THE HAND



PRE FRONTAL CORTEX FUNCTIONS



Body regulation

Emotional balance

Decision making

Planning

Flexibility

Managing fear

Empathy

Understanding of self

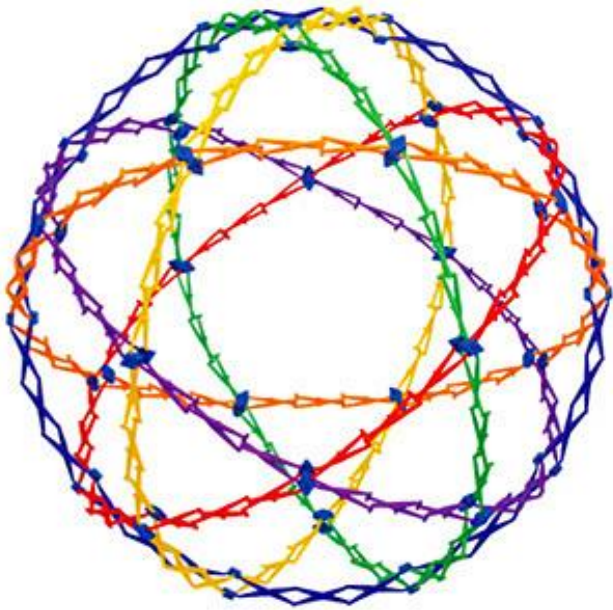
Morality

Intuition

Compassion

Do As I Say

Self-Regulation Activities



High Kindness
CONNECTION

PERMISSIVE

(Freedom without order)



**DEMOCRATIC
Authoritative**

(Freedom and order)

Low
FIRMNESS

High
FIRMNESS

NEGLIGENT

(No Order, No freedom)

AUTHORITARIAN

(Order without freedom)

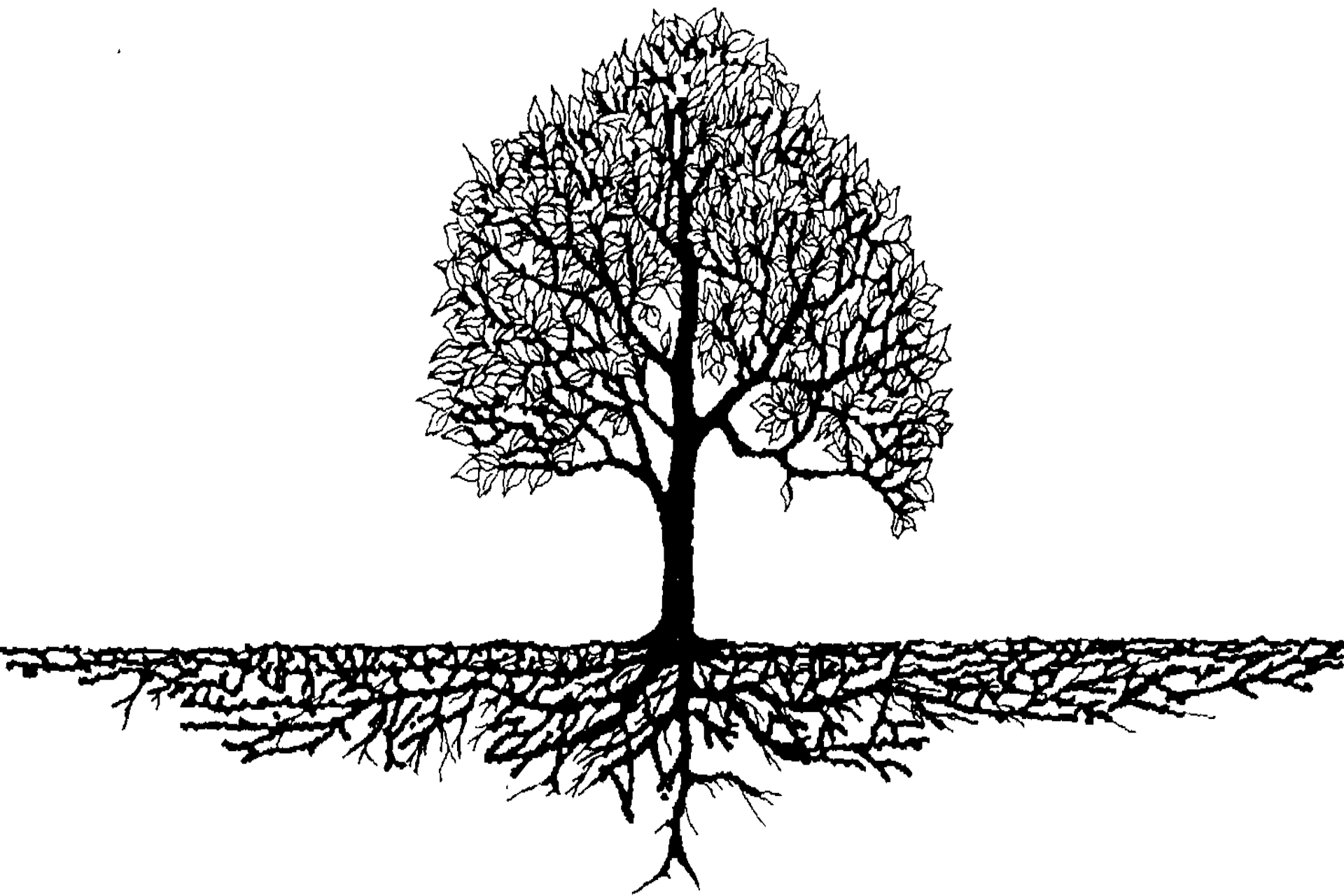
Low Kindness
CONNECTION



CONNECTION

before

CORRECTION



Curiosity questions

**“ WHERE DID WE EVER
GET THE CRAZY IDEA
THAT IN ORDER TO
MAKE CHILDREN DO
BETTER, FIRST WE HAVE
TO MAKE THEM FEEL
WORSE”**

JANE NELSEN.



Do vs Don't

Encouragement

Descriptive

“I notice...”

Appreciative

“I appreciate...”
“Thank you for...”

Empowering

“I have faith ...”
“I know...”
(with evidence to back up our statement)

**Integrity is doing the right thing
even when nobody is looking**

9.9



????







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www.disciplinapositivachile.com

Jane Nelsen

www.positivediscipline.com

Puget Sound Adlerian Society

www.pasadler.org

Daniel Siegel, Md.

The Whole Brain Child

Brainstorm.

The power and purpose of the
teenage brain.

Brain in the Hand (youtube)



**POSITIVE
DISCIPLINE
ASSOCIATION**

DEVELOPING RESPECTFUL RELATIONSHIPS

Positive Discipline Association

www.positivediscipline.org

Sound Discipline

www.sounddiscipline.org

TED Talk

Nadine Burke Harris (youtube.com)

“How childhood trauma affects
health across a lifetime”

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