



At Home Morning Meetings

Morning meetings set the tone for a successful day with connection, collaboration and an emphasis on social and emotional learning (SEL) skills. Morning meetings usually take place at school. But with schools closed in response to COVID-19, this guide shows you how to lead successful morning meetings at home—with a helpful Conscious Discipline twist.

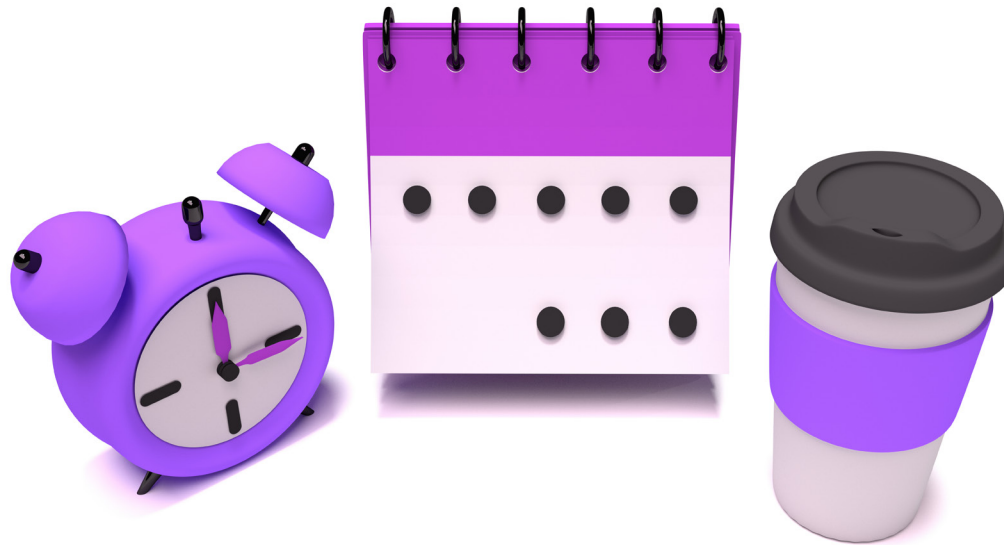
In this guide “At Home Morning Meetings” by Conscious Discipline Certified Instructor Bailey Lewin, you’ll learn more about how you and your family can start the day with a morning meeting. You’ll learn how to unite, disengage stress, connect and commit, the four elements of a Conscious Discipline Brain Smart Start that primes the brain for optimal learning.

Additional morning meeting activities include wishing well, reviewing agreements, celebrating and more. As you read through this resource, **click the images for videos and songs that accompany each activity.**

Conscious Discipline Glossary:

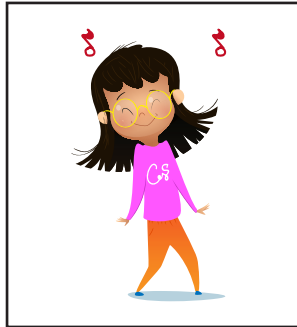
- **Brain Smart Start:** Dr. Bailey’s Conscious Discipline Brain Smart Start consists of four activities designed to get children and adults in the optimal brain state for learning and problem-solving. These components include an activity to Unite, an activity to Disengage Stress, an activity to Connect and an activity to Commit.
- **Commitments:** Making a commitment promotes mindful attention and increases the likelihood of success while promoting self-regulation and confidence. You might have each family member choose a commitment at the beginning of the day. At the end of the day, everyone checks in with a “Yay, I did it!” or an, “Oops, I’m working on it.”
- **Wish Well:** Wishing well provides children and adults with a way to support one another and calm themselves. The process for wishing well includes taking three deep breaths, filling your heart with love, and then sending that love to another person. Wishing well generates an internal cascade of feel-good neurochemicals and hormones that boost positive feelings (and we could all use more of those right now!).

At Home Morning Meeting

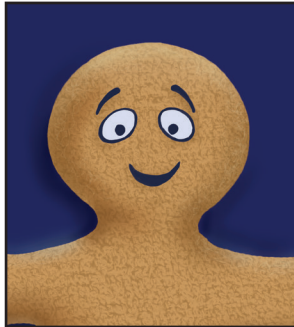


Created by Bailey Lewin, Conscious Discipline Certified Instructor

Unite



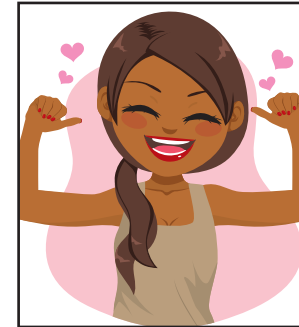
Get Funky



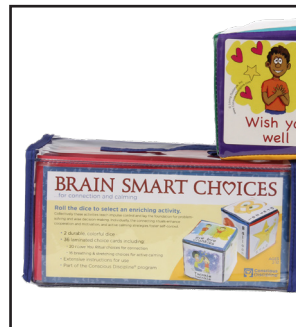
**Can't Stop
the Feeling**



**Good
Morning**



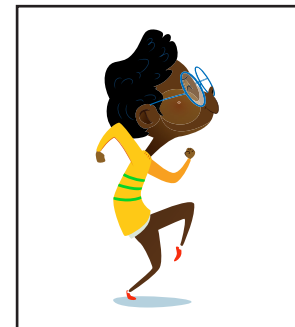
What I Am



**Brainsmart
Time**



**School
Family**

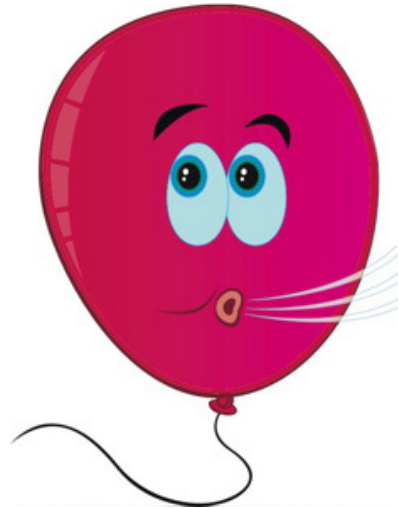


**Move and
Freeze**

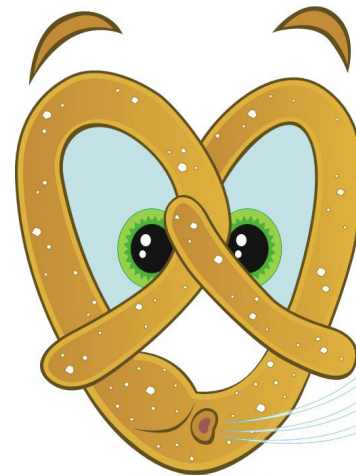
Disengage Stress → Breathing



S.T.A.R.



Balloon

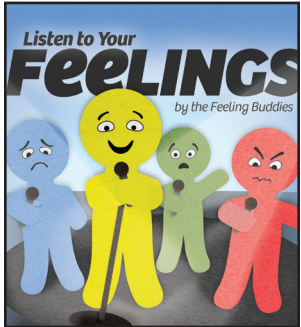


Pretzel



Drain

Connect → Brain Poems



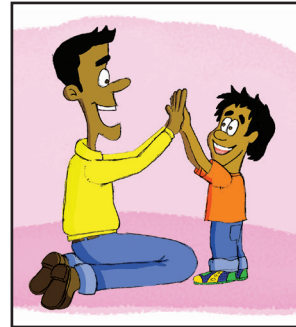
**Watch Me
Listen**



**Peter, Peter,
Pumpkin
Eater**



**Team of
Two**



**Georgie
Porgie**



**Keep Your
Head Up**



**Boom,
Snap, Clap**



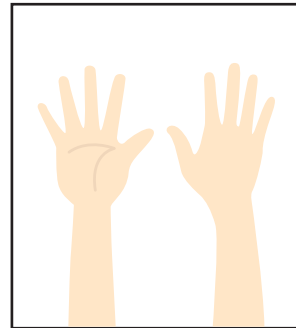
**Margie
Pargie**



**Who Let the
Kindness
Out?**



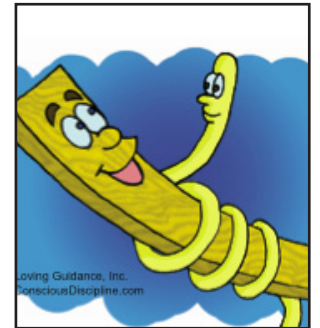
Greetings



**Double,
Double,
This, This**



**Three Nice
Mice**



**Jack Be
Noodle**

Commitment

Parent/Guardian says: “It is my job to keep you safe.”

Child says: “It’s my job to help keep it safe.”

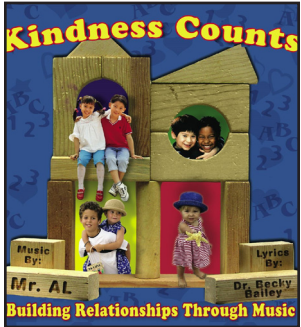


Wish Well

We Wish You Well
We Wish You Well
All Through the Day Today
We Wish You Well



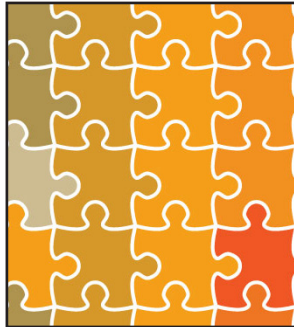
Review Class Agreements



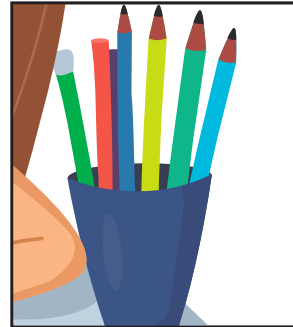
**Helpful
Acts**



Kind Words



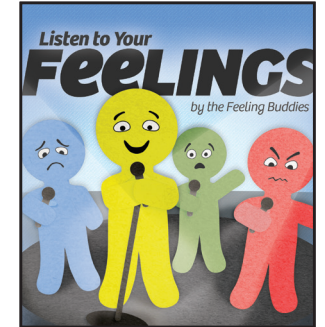
**Work
Together**



**Respect
Classroom
Materials**



Work Hard



**Listening
Ears**

Household Commitment

Today I commit to...



Celebrations



Peter, Peter Pumpkin Eater!

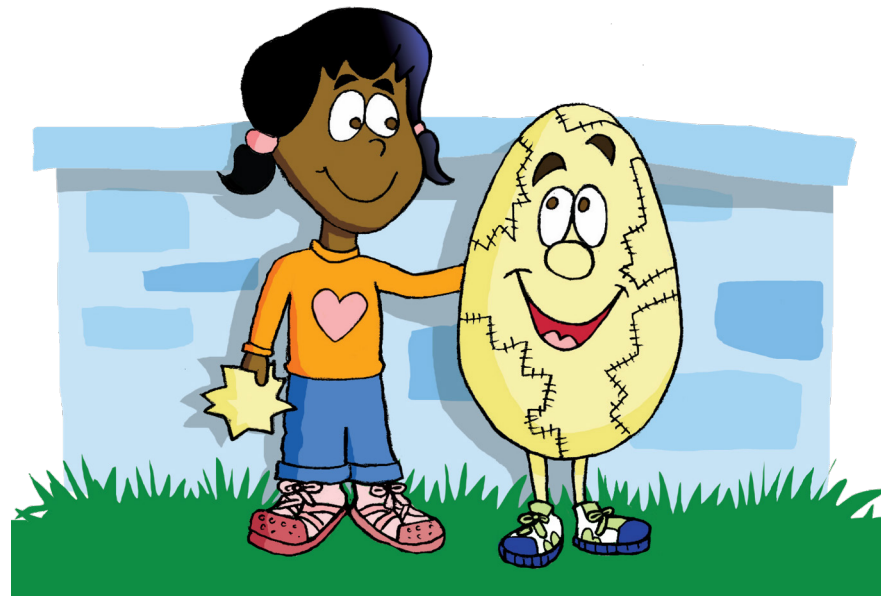
Peter, Peter Pumpkin eater
Had a friend he loved to greet.
Treated him/her with kind respect,
and in the morning hugged his/her neck.



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Humpty Dumpty

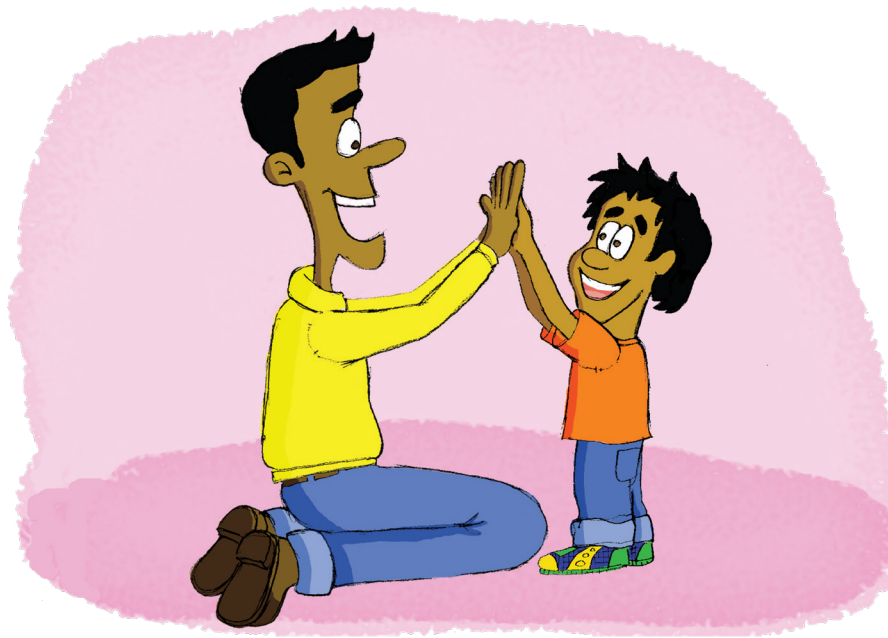
Humpty Dumpty sat on the wall.
Humpty Dumpty had a great fall.
All the Queen's horses and all the king's men.
COULD put Humpty together again!



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Georgie Porgie

Georgie Porgie, pudding and pie,
Gave his friends a big high five!
With his friends he loved to play,
And a gift of a smile he gave each day!



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Margie Pargie (Georgie's Cousin)

Margie Pargie, pudding and pie,
Gave her friend a big high five!
With her friends she loved to play,
A gift of a handshake she gave each day.



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Jack Be Noodle!



Fingers be noodle- Fingers be stiff!
Fingers come over and high five me quick!
Hands be noodle- Hands be stiff!
Hands come over and handshake me quick!

Arms be noodle- Arms be stiff!
Arms come over and hug (pat me on the back) me quick!
Body be noodle- Body be stiff!
Body come over and blink with me quick!

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Double, Double, This, This

Double, Double, This, This
Double, Double, That, That
Double, This
Double, Double
Double, Double, This, That



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Three Nice Mice!

Three nice mice. Three nice mice.
See how they care, see how they care.
They hold both hands and give a shake.
Smiling together, good friends they make.
Then turning around for goodness' sake.
Three nice mice. Three nice mice!



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