

# I Can Help Keep It Safe At Home

**In Conscious Discipline, we say that the adult’s job is to keep the class or home safe, while the child’s job is to help keep it safe. Being helpful creates a sense of purpose, accomplishment and wellbeing that is especially important during these uncertain times.**

This printable lists several ways that young children can contribute to safety and help the home run smoothly as families stay home to prevent the spread of COVID-19. Each suggestion to “keep it safe” includes a visual. Young children’s brains encode information in pictures, so visuals are key to comprehension and cooperation. Print and post somewhere prominent in the home as a useful reminder.

When we contribute to the wellbeing of others, we create a sense of wellbeing within ourselves. As a family, cherish the opportunity to contribute to one another and to the greater good during this difficult time.

## Conscious Discipline Glossary:

- **Safekeeper:** The brain functions optimally when a person feels safe. In Conscious Discipline, the adult(s) in the home or classroom is the Safekeeper. His or her basic job description is to keep the home or classroom safe, while the child’s job is to help keep it safe.
- **Big Voice:** A child’s “Big Voice” is the assertive voice the child uses to set boundaries and teach others how they want to be treated. For instance, a child using their Big Voice might say, “I don’t like it when you push me. Please say ‘Excuse me’ instead.”
- **S.T.A.R.:** One of Conscious Discipline’s four core breathing techniques, **S.T.A.R.** stands for **S**mile, **T**ake a deep breath, **A**nd **R**elax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Exhale longer than you inhale. Three deep belly breaths shut off the body’s “fight or flight” response.
- **Commitments:** Each of these “ways to help keep it safe” are phrased as commitments. Commitments promote mindful attention and increase the likelihood of success. Take this printable a step further by having each child in the home choose one “way to keep it safe” to commit to each day. At the end of the day, each child will check in with a “Yay, I did it!” or an, “Oops, I’m working on it.”

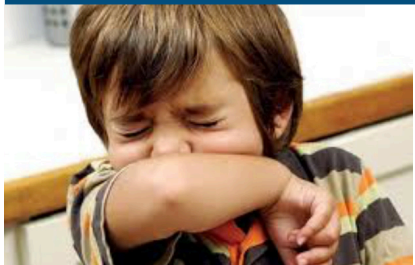
# I can help keep it safe at home. When I keep it safe at home, I help my family stay safe too!



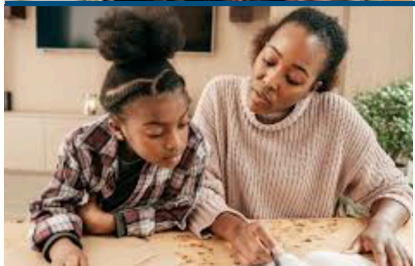
I am going to wash my hands for 20 seconds with soap and warm water. (A LOT)

Try singing this twice: (🎵 Tune: Happy Birthday)

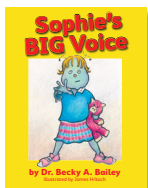
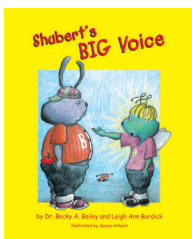
*“Washing my hands keeps me safe. Washing my hands helps others too. I help my whole family. I did it, so can you!”*



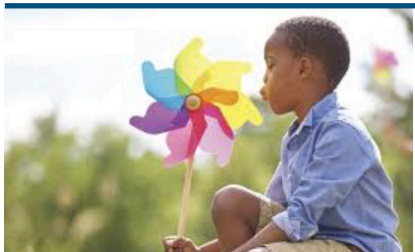
I am going to cover my mouth with my elbow when I cough or sneeze.



I am going to do my assignments from school when my Safekeepers tell me it's time.



I am going to use my “Big Voice” to solve problems with my brother or sister.



I am going to be a “S.T.A.R.” by taking a deep breath when I feel a big feeling.

