

Discipline Plan: Mrs. Brown's 4th Grade TEC 2009-2010

Each student in our classroom has four 'sticks' with their name on each. As part of our classroom economy, every student who is able to keep all of their sticks until the end of the day has earned a 'gem'. Gems may be used as currency to 'buy' items from the class store. A student may give gems to other students, but are never allowed to solicit gems. Additional gems may be given for wearing a Tiger T-shirt on Friday, a random act of kindness, or other deed considered worthy. A student may not ask for a gem for good-deed-doing!

A student will be reminded to correct a behavior with no loss of stick. A second infraction will result in losing one stick with no other consequence. A third infraction will result in monitored aerobic activity during $\frac{1}{2}$ of recess. A fourth infraction will result in monitored aerobic activity during the entire recess and he/she will call a parent to explain the behaviors. If a student loses all four sticks, he/she will be referred to the office.

Rather than punishing an inappropriate behavior, I choose to implement a research-based approach of monitored aerobic activity. Increased physical movement reduces the stresses that often lead to misbehavior through the release of endorphins. Studies also show improved test scores for students that participate in physically challenging activities.

I apply Love and Logic strategies in my classroom to individualize consequences resulting in loss of sticks depending on the unique circumstances and personalities of my students. These include:

- a. Locking-in sadness or empathy before delivering consequences
- b. Setting limits with enforceable statements
- c. Sharing control through lots of small choices