

Greetings, Conscious Discipline® Style

The most important point of greetings is that you can make up your own greeting. You can make greetings out of languages, transportation, topics you are studying. How the greeting looks is not as important as having all the elements of a greeting: **Safety, Connection, Fun, In the Moment**. Choices help the child to stay "In the Moment" always have 2-3 different choices of greetings (one that is a no-touch greeting). Always have a picture associated with the greeting. You can get a picture from anywhere or draw a stick figure. Here are some examples of greetings:

Hand shape: handshake

"5" shape: high five

Smiley face shape: eye contact and a smile

Heart shape: heart-to-heart hug or make a heart shaped outline around the child's face. Make eye contact and say, "There you are."

Crab shape: Both people hold their arms out towards each other and move fingers like a crab's pinchers until they touch hands.

Skunk shape: Tell the child to hold his/her nose. Interlock your pinky finger with the pinky finger of the child and greet the child. Talk in a nasal tone.

Sailboat shape: Both people hold hands the whole time. Swing your arms over your heads together, then swish your arms to one side while making a blowing sound with your mouths. The motion is like the air filling a sail and blowing it to the side.

Snake shape: Both people use their hand and arm to make a slithering motion. Now, twist your arms together with the other person's, and open your hands (which represent snake mouths) and make a hissing sound with your mouth. Your hand hisses at you and the child's hand hisses at the child. This reduces fear and allows connection.

Snake Sandwich: Child holds hands together in front of them pointing toward the other person. Other person takes their hands and slides them across the outside of the child's hands until your hands slide off then you touch finger tips as you make a kissing sound with your mouth.

Butterfly shape: Interlock thumbs with each other. Stick your fingers straight out, and then "flutter" your fingers in a butterfly motion.

Fish shape: Hold your hands perpendicular to the floor with your thumb pointing up like a fin. Have the child assume the same position. Have the fish swim (move them around). Then catch the child's hand in a thumb lock and say "Gotcha!" and "Good Morning!"

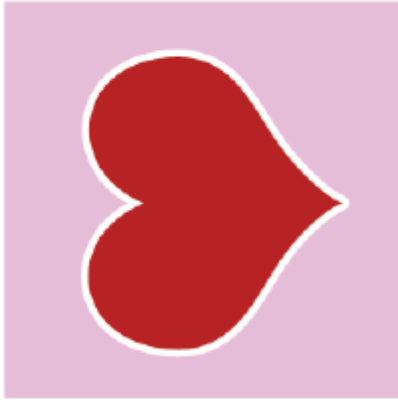
Cow: Create "utters" by linking fingers and rotating thumbs downward (or simple use fingers for younger kids) and "milk" the utters as you greet the child.

Saw: Grasp child's fingers with your thumbs on top and Saw back and forth as you share a greeting.

Snowman shape: Start by facing each other. One person moves to touch his/her shoulder to the other person's shoulder. Then you both start rolling your bodies till they come around to face each other again.



How would
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