



Calm Discipline Framework

DISCIPLINE WITHOUT YELLING

A gentle, storyformed plan you can remember under pressure.

"Be quick to listen, slow to speak, slow to become angry."

— James 1:19

(Luke 15 ends with a celebration—so do we.)

PAUSE



Do: Two slow breaths, soften shoulders, lower voice; maybe sip water.

Say: "I'm going to pause so I can help." / "Let's breathe together."

Why: Your calm helps your child's brain re-regulate so they can learn.

NAME

Do: Get low, warm tone, gentle eye contact (if welcomed).

Say: "You're feeling [feeling] because you wanted [need/wish].

It's not okay to [boundary]. I'm here to help."

Why: Naming + boundary shrinks the storm and keeps limits kind.



STORY



Do: Offer a tiny, true story that frames identity and purpose.

Say: "In our family, when [hard thing], we [helpful pattern]."

"Everyone gets tempted; we ask for help and try again."

Why: Kids borrow your words to make sense of the moment.

CHOICE

Do: Give two real options; add one small success step.

Say: "You can [option A] or [option B]—which helps you succeed?"

"First [task], then [good thing]." / "Want my helper hand or solo?"

Why: Agency builds skill and reduces power struggles.



CELEBRATE

Do: Notice the first step toward right-making; use a simple family sign (high-five, thumbs-up, fist-pump, wink).

Say: "You came back—proud of you." / "That was brave. We're okay."

Why: Joy cements the habit (Luke 15: it ends in a party).





Verse for Calm Discipline



So then, my beloved brethren, let every man be
swift to hear, slow to speak, slow to wrath.

— **James 1:19** (NKJV)



Storyformed Families

Forming our families with the stories we share.

1. PAUSE — *breathe, soften*
2. NAME — *feelings + boundary*
3. STORY — *family identity*
4. CHOICE — *safe options*
5. CELEBRATE — *family sign + words*

5 Games · 5 Minutes

Use when tensions rise or kids need a reset.

Freeze Dance

Play a favorite song;
freeze when it stops.

Toss & Tell

Toss a soft ball; say one thing
you're thankful for.

Animal Walks

Pick 3 animals. Everyone
copies the moves to the
couch and back.

Lantern Hunt

Hide a small "lantern," give 2
clues, then celebrate with the
Family Sign.

Copypat Faces

Make a face; others copy. Finish with one
"lion breath."

How to Use (1 minute):

- Print + Post: Put it on the fridge at kid height.
- Practice Daily (30s): Read the 5 steps out loud for a week.
- Pick a Sign: Choose a Family Celebrate Sign and use it every win.
- Try 1 Game Tonight: Freeze Dance or Toss & Tell.
- Micro-Review: Tomorrow, spot one moment to try PAUSE → NAME.