

## Seven-Week Outline for Positive Discipline, by Jane Nelsen

Week	Topic	Chapters	Suggested Experiential Activities	Suggested Practice for Following Week
1	The Positive Approach	1	Two Lists 3 Parenting Styles Kind and Firm at the Same Time	Read Chapters 1, 2, 3. Journal assignment: Write about times when you are too kind or too firm, and how that situation would look different if you were kind and firm.
2	Belief Behind the Behavior Mistaken Goals	4	Competent Giant Mistaken Goal Chart Introduction Read My Hat	Read Chapters 4, 5, & 6 Journal about the feelings you have when faced with a behavior challenge. Guess the goal. Follow-up by using encouragement from the last column of the Mistaken Goal Chart
3	Logical Consequences Focusing on Solutions	5 & 6	Empowering Vs. Discouraging Mr. Punishment	Read Chapter 7 Journal about how you may be empowering or discouraging your children. Make some guesses about what they are deciding.
4	Encouragement	7	Encouragement Vs. Praise Curiosity Questions (Motivational) Routine Charts	Read Chapters 8 and 9 Journal about how many times you “tell” and rewrite the script for how you could “ask” in the future.
5	Family Meetings	8 & 9	Family Meetings	Read Chapters 10 Start weekly family meetings.
6	Top Card	10	Top Card .	Read Chapters 11 & 12 Journals about what you have learned about yourself through Top Card, and how you can encourage yourself.
7	Connection before Correction and Other Positive Discipline Strategies	11 & 12	Positive Discipline Tool Cards for Challenges	Read other Positive Discipline books.