

Rethinking Discipline: How to Bridge the gap between What We Want and What We Do by Ron Fast, Counsellor, American School of Bombay

Thinking about consequences and rewards to tackle your classrooms? So was I till I attended this session by Ron Fast. There is a catch! One has to be very cautious so as not to lose the child's Intrinsic Motivation while choosing Rewards and Consequences.

Concrete Strategies I walked away with:

Ron gives an anecdote of a troubling kid. Try imagining a tough situation. Instead of saying I can't, try to understand various teacher reactions, and the kids feelings in each case.

The most important takeaway for me was that Intrinsic motivation is the most desired output in a kid. Ron instigates thoughts on several topics by showing clips from the documentary *Children Full of Life*.

- Rewards and Praise
- Short Time Compliance
- Extrinsic Motivation
- Decreased Motivation
- Reduced Risk Taking Behaviour
- Reduced Creativity
- Reduced Spontaneity
- Praise the effort and not performance
- Praise should be immediate and verbalised

When we tackle any behavioural issues, understanding the problem from the root instead of reacting to the symptoms is very important. Instinctive responses often do not lead to desired results.

Resources:

- How to talk so teens will listen and listen so teens will talk by Faber and Mazlish
- Beyond Discipline by Alfie Kohn
- Unconditional Parenting – Moving from Rewards and Punishments to Love and reason by Alfie Kohn
- Youtube video: [Children Full of Life](#)(1-5)