

Character Education: Grades 3-5

April 2014

Self Discipline

1. Introduction

- a. If this is your first session, introduce yourself and your family (if your child is in that class).
- b. If you have taught this class before, bring in a picture or souvenir of your child to share with the class.

2. Character Education – what it’s all about:

- a. Remember, this is about helping you learn to make good choices – even when you’re having a difficult time. This will help you grow into mature, successful and caring adults.
- b. Recap the previous character traits:
 - i. Respect: Everyone deserves respect. When you respect others – you earn their respect too.
 - ii. Kindness: Being kind to others is not just about making someone else happy – it makes you happy too!
 - iii. Integrity and Courage: Integrity is about doing the right thing even when nobody is looking. Sometimes you need to have courage to show integrity.
- c. Now today, we’re going to talk about self-discipline.

3. Defining SELF DISCIPLINE

Ask the students to say some words that define or are the same as self-discipline (write them on the board)

THEN SHARE THIS DEFINITION

- a. Demonstrating hard work and commitment to purpose.
- b. Regulating yourself for improvement and restraining from inappropriate behaviors.
- c. Being in proper control of your words, actions, impulses and desires.
- d. Doing your best in all situations.

4. Discussion questions:

- a. Can you give an example of when you need to have self-discipline at school?
- b. Can you think of times when it is hard to exercise self-discipline?
- c. Why is it important to use self-discipline?

5. Literature Suggestions: (Time will probably only allow for one story)

If you have a book at home that you would like to read to the students then please do so. Before reading, think through what you want the students to learn and make a note of questions you intend to ask them. Below are some recommended books. All books are either provided in the lesson or can be borrowed from Greensboro Library.

a. **A Chair For My Mother**, by Vera B. Williams

- i. Who showed self discipline in this story?
- ii. Give an example of when it might have been difficult to put money into the jar?
- iii. Think of a time when it may have been tempting to take money out of the jar for something else? Why didn't they do that?
- iv. Have you ever had a time when you have set a challenge for yourself and been tempted to go off track? How do you avoid getting side tracked?

b. **Uncle Jed's Barbershop**, by Margaree King Mitchell

6. ACTIVITIES (Choose one or 2 activities depending on time)

a. Red Light, Green Light

- i. **PREPARATION:** At the end of this lesson is a page entitled The 3 stages of self-control. Print off enough copies of this for every child in the class. The page after this has 6 circles on it. Print these off in red, yellow and green paper. Print enough so that every student will have one of each color. Cut the circles apart.
- ii. Explain to the students that they will be making traffic lights to help remind them of how to show self-control when they are in difficult situations.
- iii. Give a copy of the 3 Stages sheet and 1 circle of each color to each student in the class.
- iv. Ask the students to cut out the circles then glue each circle onto the sheet to form a traffic light (red at the top, yellow in the middle, green at the bottom). Glue the top edge only so they can be lifted up to reveal the paper underneath.
- v. Tell the students to write the word 'STOP' on the red circle. Then lift up the circle and write down ways they can stop themselves before they act. E.g. take a deep breath, count to 10, etc.
- vi. Write the word 'THINK' on the yellow circle. Under the circle write down what they should think about before they do something e.g. will I hurt someone's feelings? Will my parents be mad? Am I showing integrity?
- vii. Write the word 'ACT' on the green circle. Under the circle write down examples of some things they could do that show self-control e.g. show integrity, be kind, be thoughtful.

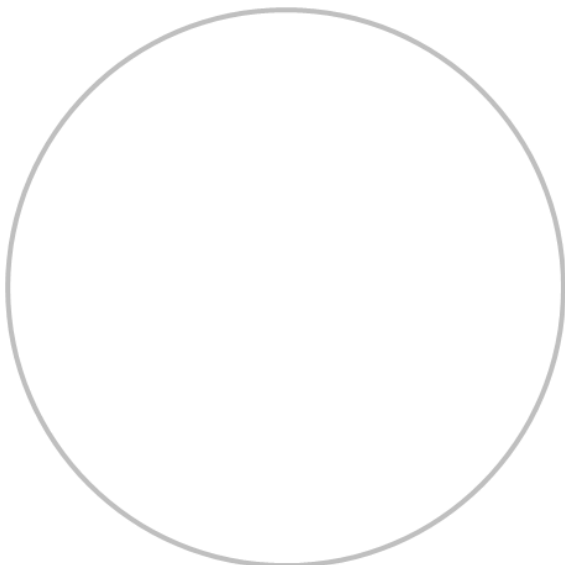
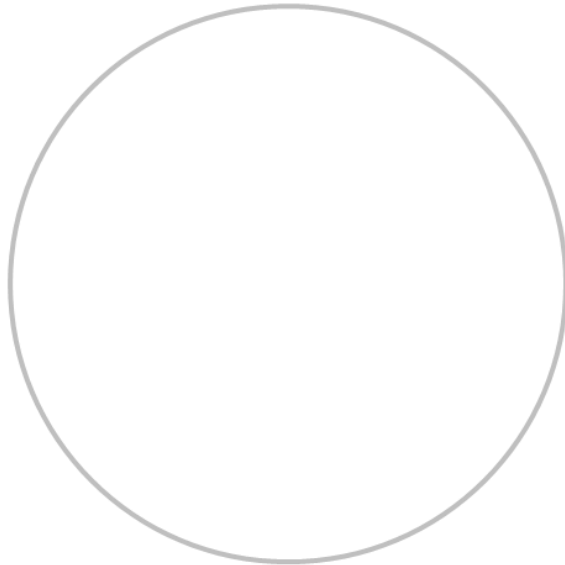
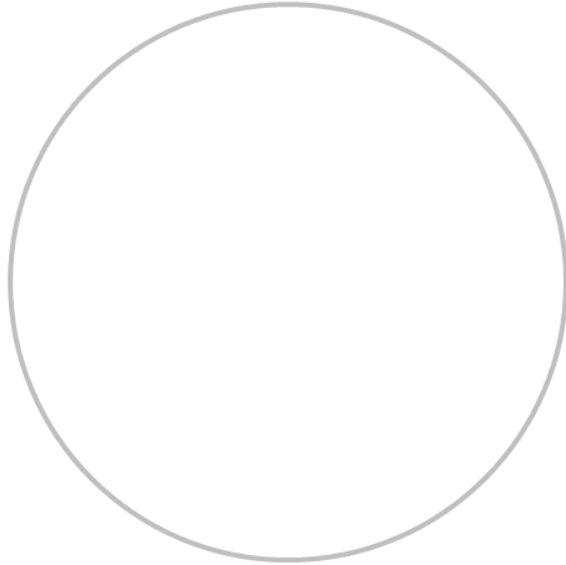
b. Self-Discipline Situation Cards

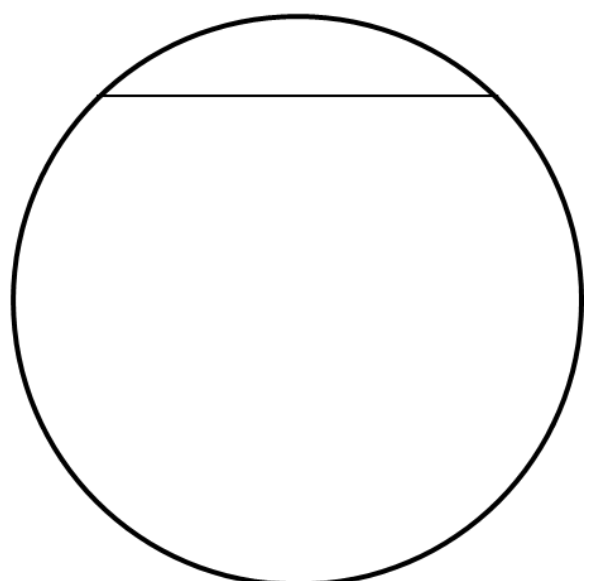
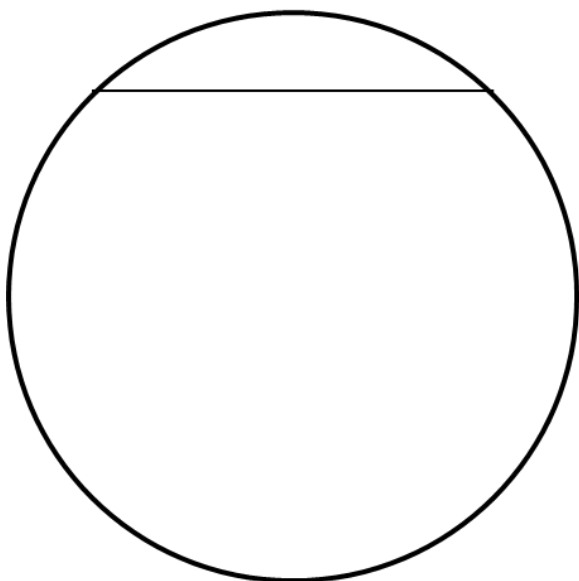
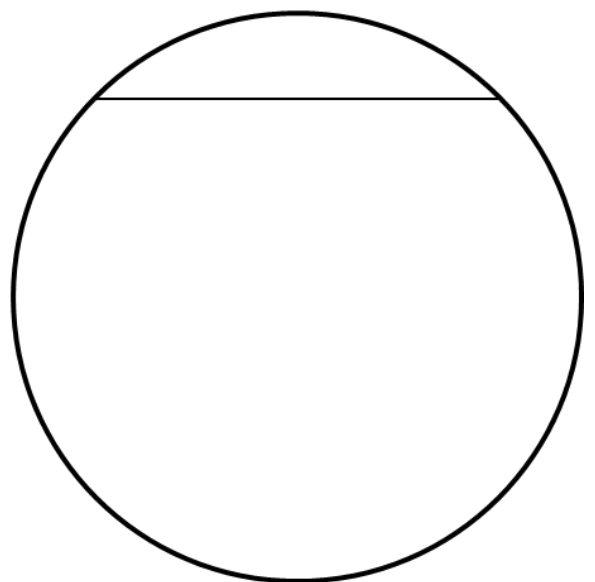
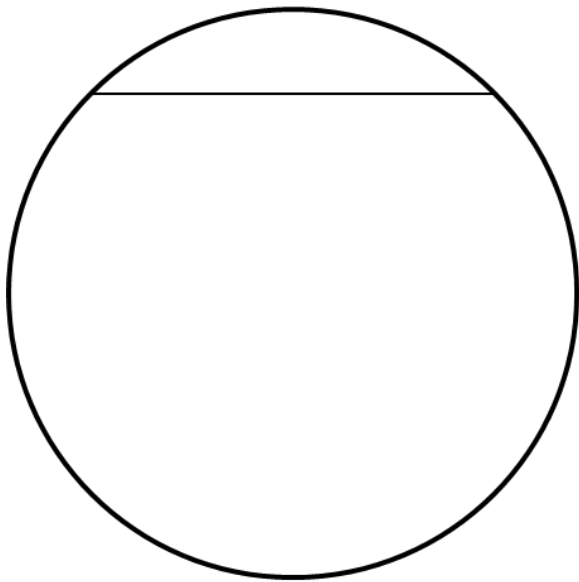
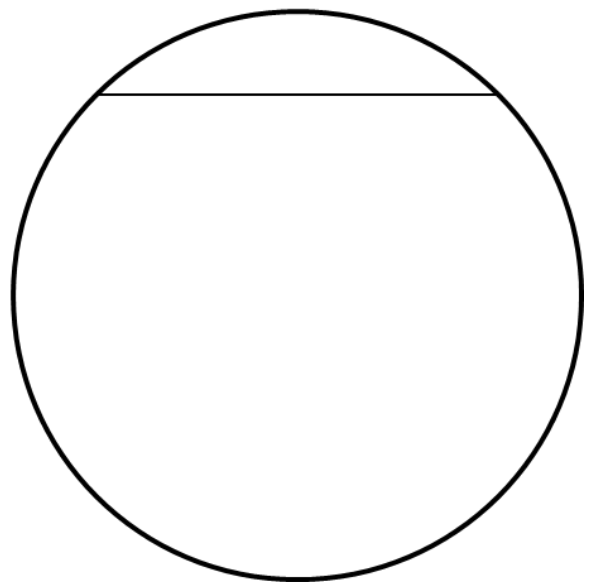
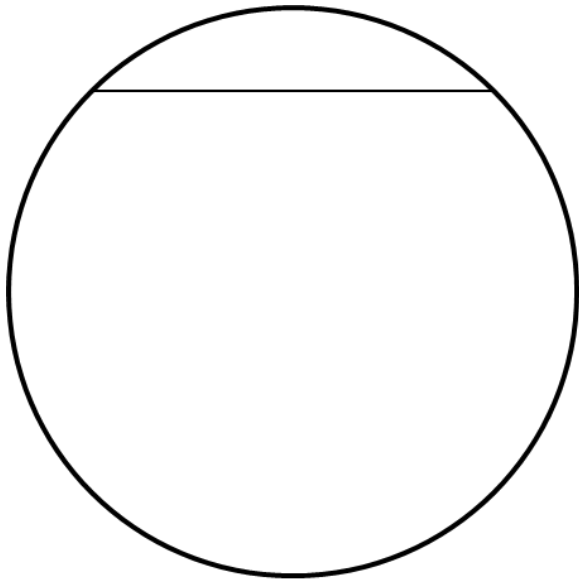
- i. **PREPARATION:** At the back of this lesson is a page entitled Self-Discipline Situation Cards. Print off enough of these sheets so there is enough for every student.
- ii. Hand out the sheets to the students. Explain to them that each statement describes a situation where someone does not show self-discipline. Ask them to write in the box below each statement how they could have shown self-discipline.
- iii. Call on students to read out their answers, ask for thoughts or discussion on different responses.

ALTERNATIVELY, THIS CAN BE DONE AS A CLASS EXERCISE WHERE YOU READ OUT THE SITUATIONS AND STUDENTS OFFER ANSWERS.

- c. Self-Discipline Goals Comic Strip**
 - i. Give each child a piece of paper. Have them fold their paper in half.
 - ii. Tell them to think of something they would like to stop doing that they currently do that will require self discipline, for instance, stop watching so much TV. Have them draw a picture of themselves doing this on the left side of the page then draw a big X through the picture.
 - iii. Tell them to think of something they would like to achieve that will require self discipline, for instance, win a blue ribbon in a swim meet. Have them draw a picture of themselves doing this on the right side of the page.
- 7. Reminder: Self-discipline is about having control of yourSELF. This means that only **you** can make sure that **you** have self-discipline**

The 3 Stages to Self Control





Self-Discipline Situation Cards

John whistles while he works in class	Amy runs to get in line at the classroom door.	Marcus pouts because he can't have his way
Polly asks a friend for the answer to a test question	Bart arrives late at school because he stayed up too late.	Misty eats her cupcake first and then is not hungry for anything else.
Andrew falls asleep at his desk	Cassie won't stop talking during class.	Willie doesn't do his homework and makes up an excuse.
Lisa interrupts the teacher	Charles is mad and throws his book	Lynn fidgets and makes paper airplanes during class.