

Self-Discipline Overview

Main Points:

One of the resiliency skills necessary for success in life is the ability to problem solve successfully. Within this area is the sense of controlling/effecting your environment and situations in your own life. Without the ability to discipline oneself and stay with a task even when faced with adversity you soon lose that sense of control. A large piece of self-control/self-discipline is also the ability to set both short and long range goals and work to meet them, with the realization of how achieving goals relates to the desired outcomes.

Essential Questions:

1. What is self discipline and how does it relate to goals?
2. Why are goals important?
3. What does it take to achieve a goal?

Alternate Books:

George Washington's Teeth by Deborah Chandra and Madelene Comora

Mia Hamm Winners Never Quit by Mia Hamm

Berenstain Bears and the Homework Hassle by Stan and Jan Berenstain

Jingle Bells, Homework Smells By Diane De Groat

Videos:

Perseverance: Adventures from the Book of Virtues

Earning Money: a High Price to Pay: Human Race Club

Activities:

Tell the students that if they can make it through the lesson demonstrating good listening skills they will earn a reward, ie a sticker, candy, 1 min. free time during the lesson.

Have each student set a personal goal to work on. Be prepared to have them write the goal down as well as list who can help them reach this goal.

Utah State Core Curriculum:

K-2 Core - Fine Arts, Health, Physical Education, Science, and Social Studies

Standard 2: Students will develop a sense of self in relation to families and community.

K - 1d; 1st - 1e; 2nd - 1d

3-6 Responsible Healthy Lifestyles

3rd Standard 1: The students will learn ways to improve mental health and manage stress.

3rd - 1a,d; 4th - a, b; 5th - 1a; 6th - 2a,b

Self-Discipline Lesson

Review:

Briefly review the main points of the previous lesson and point out any connections to the current lesson.

Main Points:

A-Do you have a dream or a goal?

B-What is the difference between a dream and a goal?

The difference is hard work and/or self control to achieve the goal.

It helps to:

Write it Down

Break it into smaller steps (Reach your AR goal by reading 5 pages per day)

C- Have you ever wanted something and failed to get it as quickly as you wanted? Why?

D- Read the book Alexander Who Used to Be Rich on Sunday by Judith Viorst

1- Be prepared to define Lox: Smoked Salmon

2-Does Alexander have a dream or a goal? (Wants Walkie Talkies)

3- What should he do to change his dream into a goal and make it happen?

4- Does he keep going/working on his goal? (With each choice ask if the choice supports his goal?)

E- Discussions Questions after the book _____

1- Who could have supported Alexander in reaching his goal?

2- Why do we need support people?

3- What people support you in your goals?

4- What people do you help support in their goals?

5- If Alexander was your friend, how could you have supported/helped him with his goal?

6- Did Alexander's behavior support his goal?

Challenge:

Tell students that next week some of them will be asked to report on their progress towards their personal goal.

Goals:

Define the difference between short & long term goals.

Tell the importance of having a goal instead of a dream.

Make a list of who can support you in reaching your goals.