

## SELF-DISCIPLINE

### FIRST GRADE

#### Objective:

To use literature to introduce the importance of self-discipline and to encourage students to show self-control in the classroom and at home.

**Materials: Book - *When Sophie Gets Angry- Really, Really Angry* by Molly Bang  
Self-Discipline poster**

#### Activity:

**1) Introduce yourself to the class and explain that you are the Panther Pride Reader for Self-Discipline.**

**2) Ask: What is Self-Discipline?** Children brainstorm definitions. Share the poster and discuss.

Self-discipline is controlling your words, actions, and impulses.

What are some ways we show that we can control our words? Our actions? Our impulses?

Sometimes we have to control our impulses when we feel angry. Does everyone get angry? Of course! Does everyone lose control when they are angry? No! They have learned how to control their anger, and that is what we will be learning today!

**3) Introduce the book: *When Sophie Get Angry—Really, Really, Angry***

**Ask children what they think this book will be about. Ask them to look at the cover and make a prediction about what will happen in the story.**

**4) Read book aloud and discuss.**

What are some things that Sophie gets angry about?

What does she do when she is angry?

Review the definition of self-discipline.

#### Evaluation:

**5) Does Sophie have good self-discipline in the story? How do you know?**

What are some ideas you might give to Sophie to help her next time she is feeling angry? Examples:

1. Talk to an adult about your feelings. Identify some people they could talk to. (mom, dad, teacher, counselor)
2. Exercise. What are some ways you could exercise and get your angry feelings out? (run, jump, walk the dog, ride bike)
3. Find something fun to do to take your mind off your anger. What are some fun activities you could do.
4. **SLOWLY** count to ten. Count again if you still feel mad.
5. Take at least 5 deep breaths (breath in through nose and out through mouth). Demonstrate and practice how to take these breaths slowly!

A:A3:1 Take responsibility for actions

PS:A1:8 Understand the need for self-control and how to practice it.