

SELF-DISCIPLINE

FOURTH 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 - *The Paperboy* by Dav Pilkey
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: - *The Paperboy*

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.

Did the paper boy have self-discipline? (yes)

How do you know? (he has a job to deliver papers every morning)

Why is it important for a paperboy to have self-discipline?

Evaluation:

5) What are ways that you show self-discipline at school?

Sitting in your seat, lining up, working in groups, listening to the teacher

6) Is it hard to have self-discipline or easy? Do you need self-discipline to do your homework? Why?

7) What are others times you need self-discipline and why?

sports, chores, playing with friends,
when we have different feelings – ex: angry/mad

A:A3:1 Take responsibility for actions

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