

SELF-DISCIPLINE

KINDERGARTEN

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 - Read *Howard B. Wiggle Bottom* by Howard Binkow
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: *Howard B. Wiggle Bottom*

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 questions on page 31.

1. What did you learn about listening from Howard B. Wigglebottom?
2. What kind of trouble have you gotten into for not listening? How did that feel?
3. How do you think the other students feel about Howard when he is bouncing around and not listening to the teacher?
4. Was Howard paying attention in the story? How do you know?
5. Is Howard being respectful to his friend?

6. How do you think the other students feel about Howard becoming a better listener?

Evaluation:

5) Was Howard showing self-discipline? How do you know?

6) Can you think of times it is important for you to follow directions and to use your eyes and ears?

7) Share about a time you have to have self-discipline.

A:A3:1 Take responsibility for actions

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