

SELF-DISCIPLINE

SECOND 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: *Lily's Purple Plastic Purse* by Kevin Kenkes
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: *Lily's Purple Plastic Purse*

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 Lily have good self-discipline? How do you know?

How did Lily feel when Mr. Slinger took away her plastic purse?

What did she do to get back at Mr. Slinger for taking her purse? Was this showing self-discipline?

Evaluation:

5) What should Lily have done? Would that be hard or easy for Lily?

listen to the teacher and wait to show the class her purse

6) What are some ideas you might give to Lily to help her if she feeling mad at school again? Examples:

1. Talk to her teacher.
2. Exercise at recess.
3. Find something to do to take her mind off her anger.
4. SLOWLY count to ten.
5. Take at least 5 deep breaths (breath in through nose and out through mouth).

A:A3:1 Take responsibility for actions

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