

## SELF-DISCIPLINE

### THIRD 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 - *My Mouth is Like a Volcano* by Julia Cook  
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:** *My Mouth is Like a Volcano*

**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 main character, Louis, have self-discipline? (no)

How do you know? (he interrupts people with his thoughts)

Why does Louis interrupt people?

How do you feel when people interrupt you when you're talking?

Why is it important not to interrupt people when they are talking?

**Evaluation:**

**5) What would you suggest for Louis to do so that he can learn self-discipline?**

Louis should listen and wait for his turn to speak when talking with other people

Do you think this would be easy for him or hard?

**6) When do you have to have self-discipline at school?**

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

A:A3:1 Take responsibility for actions

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