

Social-Emotional Unit for Elementary Classrooms: Self-Discipline

SELF-DISCIPLINE

KINDNESS | FAIRNESS | RESPECT | **SELF-DISCIPLINE** | COURAGE | PERSEVERANCE | RESPONSIBILITY
COOPERATION | TRUSTWORTHINESS | INTEGRITY

VariQuest Visual and Kinesthetic Learning Suite

IN PARTNERSHIP WITH THE CURRICULUM CORNER | 2019

Lesson Focus: Self-Discipline – to be able to control your feelings or actions based on the strength you have inside

Lesson Objective:

- Students will increase their social emotional awareness of self-discipline and how it can have a positive impact on their lives.

Materials:

- Focus Book: *Lilly's Purple Plastic Purse* by Kevin Henkes

Lesson Preparation:

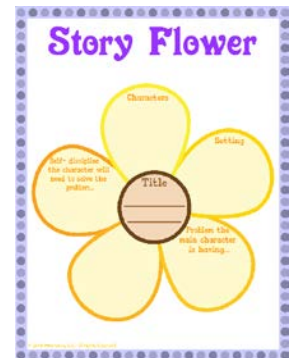
- Prepare copies of the Family Letter to send home with students.
- Choose the anchor chart that best suits your students' needs. Use the VariQuest Perfecta® Poster Design System to print the anchor chart for your classroom.
- Print and laminate the “Potential Struggles/Goals” response cards using the Perfecta or your school copier.
- Prepare class sets of copies for any other activities you wish to complete with your students.

Description of Activities:

- Family Letter – This is a simple communication to send home with students so that parents are aware of the current social emotional focus.
- Literature Connection Page - Students reflect on the social emotional focus in the story with pictures or words. (A Response Key has been provided.)
- Anchor Chart #1- Strategies for self-discipline can be displayed and discussed.
- Anchor Chart #2 – Students brainstorm strategies that will help them develop better self-discipline when they are struggling.

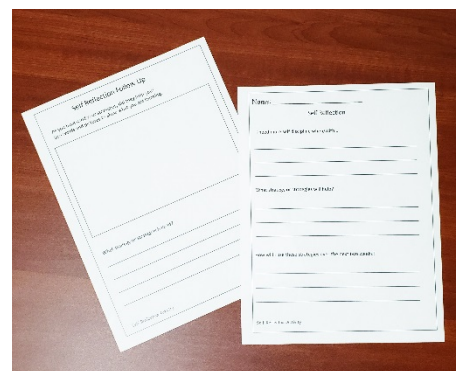
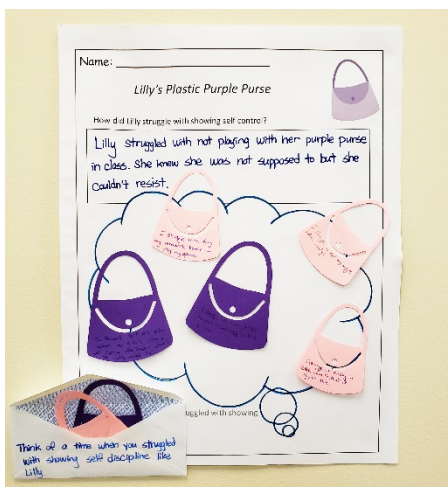


- **Response Cards:** Potential Struggles/Goals - Set of 12 struggle or goal cards that require self-discipline to fix or accomplish. Students brainstorm specific self-discipline strategies for each card. These can be used as an individual, partner, small group or whole class discussion activity.
- **Self-Reflection Activity:** Students reflect on a personal struggle or goal that will require self-discipline and begin to make a plan. A follow up page is also provided.
- **Writing Activity:** Students use a story planning page to develop a story about a character, like Lilly, who struggles with self-discipline. A book cover and book pages are also provided for rough drafts and/or published copies. (You can use this “story flower” poster from the VariQuest Design Software ELA063!)



VariQuest Integration Tip/Lesson Extension:

- Depending on the topics students use for their stories in the writing activity, choose one of VariQuest’s many book covers with matching shape pages for them to publish their writing. (Such as the House BKS099/BKS041 or Suitcase BKS107)



Printables

SELF-DISCIPLINE

Dear Families,

Right now we are focusing on the concept of self-discipline in our classroom. We will be working to understand the meaning of self-discipline and how we can make this a bigger part of our lives.

Please help us at home by asking your child about the self-discipline activities we are doing. Also, please encourage your child to use the self-discipline skills they are learning in the home and out in the community. Discuss their actions with them.

As part of our focus, we will be reading the book *Lilly's Purple Plastic Purse* by Kevin Henkes. At the end of our focus, be sure to ask your child about the story and what they learned from listening to it.

What is self-discipline?

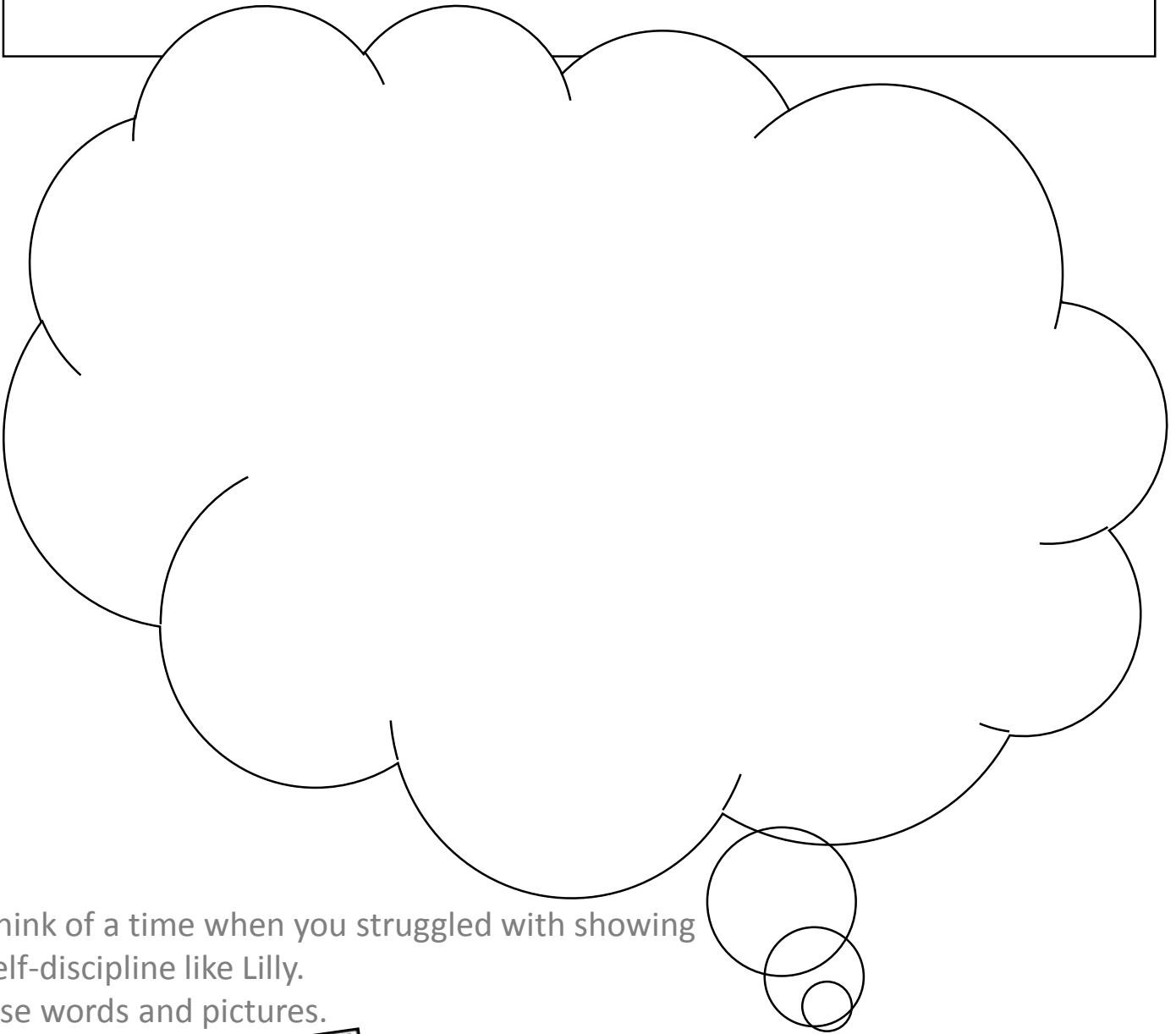
to be able to control your feelings or actions
based on the strength you have inside

Name: _____

Lilly's Plastic Purple Purse



How did Lilly struggle with showing self-control?



Think of a time when you struggled with showing self-discipline like Lilly.
Use words and pictures.

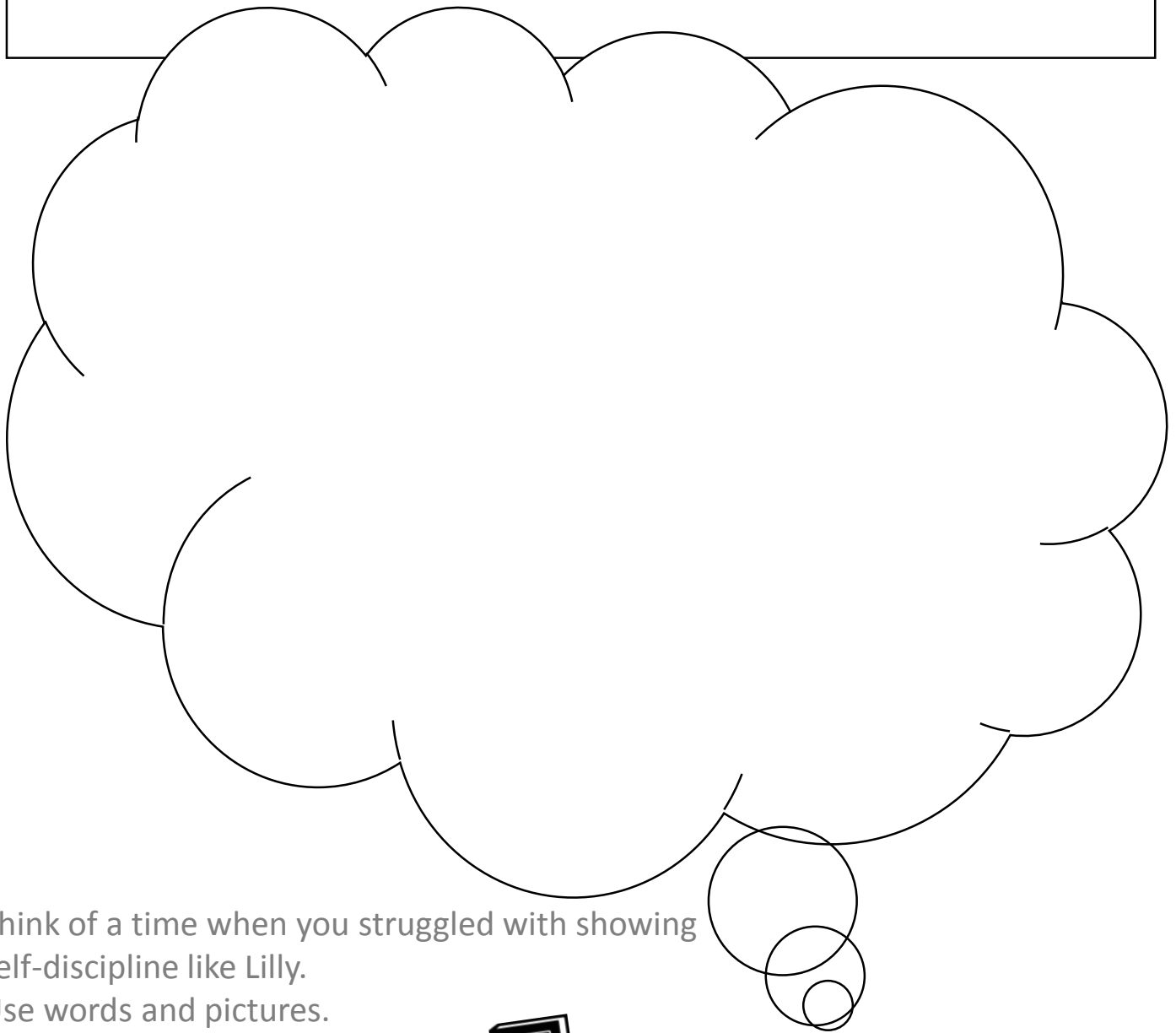


Lilly's Plastic Purple Purse



How did Lilly struggle with showing self-control?

Lilly struggled with not playing with her purple purse in class. She knew she was not supposed to but couldn't resist.



Think of a time when you struggled with showing self-discipline like Lilly.
Use words and pictures.



What is self-discipline?

to be able to control your feelings or actions based on the strength you have inside

Strategies for Self-Discipline

- Set a timer
- Make a schedule
- Stop and think
- Create a “to do” list
- Make a completion chart
- Understand what is expected
- Set an alarm as a reminder
 - Tell yourself you can
 - Don't give up
 - Try again
 - Find a role model
- Find a way to make your task fun
- Write down and display your goal.

What is self-discipline?

to be able to control your feelings or actions based on the strength you have inside

Strategies for Self-Discipline

- Set a timer
 - Make a schedule
 - Stop and think
 - Create a “to do” list
- Make a completion chart
- Understand what is expected
- Set an alarm as a reminder
 - Tell yourself you can
 - Don't give up
 - Try again
 - Find a role model
- Find a way to make your task fun
- Write down and display your goal

What is self-discipline?

to be able to control your feelings or actions based on the strength you have inside

Strategies for Self-Discipline

What is self-discipline?

to be able to control your feelings or actions
based on the strength you have inside

Strategies for Self-Discipline

not doing your
homework

playing video
games for too
long

procrastinating
when doing your
homework

eating too
much of a
favorite food

getting angry
when not getting
your way

not brushing your
teeth when you
are tired

wanting to make
the basketball team

being patient
when you are
watching your
little brother

becoming a
better reader

wanting to get
good grades

wanting to buy a
new bike with your
own money

learning your
math facts

playing video
games for too
long

eating too
much of a
favorite food

not doing your
homework

procrastinating
when doing your
homework

not brushing
your teeth
when you
are tired

being patient
when you
are watching
your little
brother

getting angry
when not
getting your
way

wanting to
make the
basketball
team

wanting to
get good
grades

learning your
math facts

becoming a
better reader

wanting to
buy a new
bike with
your own
money

Name: _____

Self-Reflection


I need more self-discipline when/with...

What strategy or strategies will help?

How will I use these strategies over the next two weeks?

Self-Reflection Follow Up

As you have used your strategies, did they help you?
Use words and pictures to show what you are thinking.



What strategy or strategies helped?

Name: _____

Story Planner

Main Character

Setting

Problem the main character is having...

Self-discipline the character will need to solve the problem...

Author: _____

A large rectangular frame with a double-line border. The interior of the frame is mostly blank, with four horizontal lines near the bottom, providing a space for writing.

VariQuest®

 facebook.com/variquest

 [@VariQuest](https://twitter.com/VariQuest)

 pinterest.com/variquest

www.variquest.com • 800-328-0585



Varitronics®

© 2019 Varitronics®, LLC All Rights Reserved.