

# SITTING STILL



## Self-Discipline is:

- \* Controlling yourself so that others don't have to control you.
- \* Getting rid of bad habits and replacing them with good ones.
- \* Restricting how much time you spend on certain activities.
- \* Making yourself do things that are healthy or good for you.

## LEARNING OBJECTIVES:

**I know that sitting still helps me focus and learn.**

**I know that I can do active looking and listening.**

## Suggested Resources:

Selection of interesting visual and auditory items, e.g. a brightly coloured windmill, a soft toy, a musical instrument, scrunchy paper.

## Script:

In the context of a P.E. lesson, encourage the children to notice the difference between active hands/arms, feet/legs and active eyes and ears. Play traffic lights. Discuss how at the green light, vehicles are moving. At the red light, they are stopped, completely still. At the amber light, they are again completely still, but are alert and ready. During the green activities, the children move around the hall/playground moving a specific part of their body vigorously. This might be clapping hands, making circles with their arms, walking on tip toe, walking with giant strides, running with high knees etc. After each movement activity, call

red/stop and the children stop and freeze. Then call amber. The children sit motionless, but ready to use their eyes or ears. You hold up an item or make a noise with an item. Encourage them to really use their eyes and/or ears, working them hard. Ask a few detailed questions about the item/sound. Set them moving again quickly, but gradually try to increase the length of time listening/looking.

After practising this for a while explain that, next time, you will show an item/make a noise while they are moving. Stop them (red) and ask them to sit down (amber). Ask them questions about what you showed. Illustrate that they cannot answer you as well as they did when they had stopped their bodies moving and were just using their eyes and ears. Can they suggest a reason why that was? Ask them to remember amber as the best way for active listening. It allows us to use our eyes and ears and work them hard.





## Character Coaching

### Guidance:

Try to sit quietly and still. Keep your body, hands and feet still and make your eyes and ears work instead.

### Meaningful Praise:

You sat really quietly while I read the story to you.  
Your eyes and ears were really working hard.

### Correction:

Remember that we need to use our eyes and ears when we are listening. Hands and feet are for moving.

SELF-DISCIPLINE

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