

# A BUBBLY CHALLENGE

## SESSION A



### 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:

**To understand what self-discipline looks like in typical school situations.**

#### Suggested Resources:

A large sheet of paper for each group, A4 paper, pencils.

#### Script:

"In this lesson we are going to explore when and how to practise self-discipline during the school day. What does self-discipline look like in school?"

#### Suggested Activities:

Children work in small groups to draw/write ideas down about what self-discipline looks like in school (e.g. staying on task, ignoring distractions, being sensible in the cloakroom, etc.). Bring the children back together to share their ideas and challenge them to identify which they think is the most important one.

### Character Coaching

#### Guidance:

Remember to practise self-discipline while people are performing.

How will you show self-discipline when other people are performing?

#### Meaningful praise:

You are controlling yourself and really listening so I would like to see your role play next!

I can see that you are practising self-discipline by sitting so still!

#### Script:

"Now we have identified how we can practise self-discipline we are going to consider why it is important to practise self-discipline."

Children draw a picture of what their classroom would look like if they did not practise self-discipline.

#### Questions:

What do your pictures show? What problems are being caused by not practising self-discipline? So, why is it important to practise self-discipline at school?

**Role-play:** What does self-discipline look like when:

- \* You are asked to complete a task but someone is trying to distract you?
- \* You are asked to collect your things from the cloakroom without adult supervision?

#### Correction:

Other people are performing please show self-discipline by remaining silent.

#### Plenary:

Play the Giggle Game. Name one person as 'it'. The other children can do anything they want to make this person laugh except touch them. After the person who is 'it' laughs, another person takes a turn at being 'it'.

